

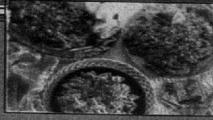


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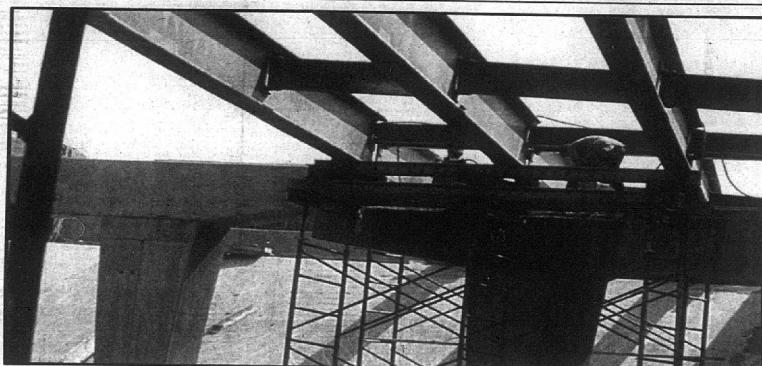
Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS
BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 20, NUMBER 66

WEDNESDAY, AUGUST 21, 1996

FIFTY CENTS



(Photo by PAM DOEPKE-HURD)

A construction crew works on repairs to an Interstate 270 bridge near Granite City.

I-270 repair project on schedule

By Scott Cousins
Staff writer

A major renovation of Interstate 270 is moving quickly — a lot faster than traffic on the road during rush hour.

Since June 1, workers have been renovating bridges and the eastbound lanes along an 8-mile

stretch of I-270 from I-255 to the Mississippi River.

"They're proceeding right along," said Joseph E. Crowe, district project implementation engineer for the Illinois Department of Transportation. He said work on the first phase — the eastbound lanes — is about 25 percent finished. That part of

the project is expected to be completed by November 1997.

While workers are working on the eastbound lanes, traffic is restricted to one lane each way and a reversible express lane.

The project is estimated to cost approximately \$5 million and will last through the fall of

(See PROJECT, Page 4A)

Fire delays school opening

Church planning to rebuild

By Scott Cousins
Staff writer

Jadie Johnson of Pontoon Beach expected her two children to begin school Monday at Bethel Christian Academy in South Roxana.

Instead they stayed home while teachers and parents cleaned up piles of smoke and water-damaged books and office supplies — all that is left after a spectacular fire Friday afternoon.

"My daughter woke up and looked at the clock at about 8 a.m. and said we would have to be at school right now," Johnson said Monday.

Her daughter, Mollie, will be a

'As soon as they chopped a hole in that roof, she just went pffft!'

— Harry Mason
Witness to fire

freshman at the school, while her son, Jesse, is the only senior this year.

Nobody was hurt in the fire, which destroyed the Bethel Free Will Baptist Church. Damage has been estimated at about \$1.2 million, and church and school

officials said they plan to rebuild as quickly as they can.

In the meantime, parents and teachers are meeting to find a new location, and church officials were looking for a temporary building to house both church services — held Sunday in a tent on the site — and the school.

Rev. Bill Crank, pastor of the church, said he expected to talk to insurance company representatives Monday.

"We're going to find a (temporary) building somewhere," he said.

School officials are also reordering textbooks for the school.

(See CHURCH, Page 2A)

Newsboys' plans under way

Children's Choice questionnaires are coming in, volunteers are being recruited, and corners and charities are submitting grant applications. It's all part of the preparations for Old Newsboys Day, on Nov. 7.

Kids and teenagers are asked to fill out the Children's Choice questionnaire, available in today's Journal. Completed forms should be mailed back to the Journal at the address given. Results will be published in the Old Newsboys Day edition, which will be sold on street corners and in certain supermarkets. All proceeds benefit children's charities in the St. Louis area.

Purchasing a newspaper isn't the only way to help. Volunteers are needed to sell the special edition newspapers on Nov. 7 to help with paperwork prior to the event. To sign up, call the hot line at 821-0211. Leave your name, telephone number and

(See NEWSBOYS, Page 4A)

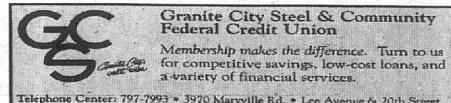


Winner — Charles Hogue of Granite City with a 1 pound, 3 ounce tomato he grew in his garden — the winner in the third week of the Journal Big Tomato contest.

In the Journal

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LOCAL NEWS



(Staff photo by SCOTT COUSINS)

Shannon McWorther, a teacher at Bethel Christian Academy, sorts through material salvaged from Friday's fire.



(Staff photo by SCOTT COUSINS)

Jonathan Greer, 12, of Wood River, a student at Bethel Christian Academy, carries materials to his mother's car.

•Church

(Continued from Page 1A)

The school has about 70 students in kindergarten through 12th grade. Last year four students graduated from the high school. Most of the students are from the Wood River area, but about a dozen come from the Granite City area and others from Edwardsville, Collinsville.

Crank said the school would probably be open in two to three weeks.

The fire is believed to have started on the church's roof, where workers were making repairs.

Because of concern about widespread church fires, the blaze was initially investigated by the Federal Bureau of Investigation and Bureau of Alcohol, Tobacco and Firearms, but agents left Saturday.

The fire started at about 3:45 p.m. Neighbors noticed smoke coming from the church's roof and called the fire depart-

ment.

The blaze initially spread slowly from a small opening in a corner of the building, but smoke and flames flared out of control, drawing firefighters, neighbors and church members.

"As soon as they chopped a hole in that roof, she just went pffft!" said Harry Mason of the 1300 block of Gonterman Street.

Shannon McWorther of Edwardsville, a high school math teacher at the school, was one of a number of teachers who had left the building just before the fire broke out.

"I left at 3:30 p.m. and got a phone call at 4 p.m. saying the building was on fire," she said. "I had gone to Granite City to pick up my children and I was on my way home and saw it from (Illinois) 111."

On Monday she was among the parents, teachers and students sorting through salvaged books in the garage of Rev. Crank. "All the high school books were destroyed but the elementary stuff was in the basement, so it's just got water damage," she said. "We're basically just sorting it and taking inventory to see what can be saved and what has to be replaced."

McWorther, who was one of the first graduates of the school in 1984, said she was shocked by the fire.

While "shock" is the most common reaction to the fire, Johnson said parents and teachers were optimistic.

"Right now I just see that the Lord is working in a mighty way," she said. "I just hope school is back soon."

She added that the rebuilding the church and school will allow them to make improvements.

"They had ugly green carpet," she said.

(Some information for this story was supplied by The Telegraph.)

Police continue warrant arrests

By Scott Cousins
Staff writer

Five people were arrested over the weekend on outstanding warrants by Madison police.

On Friday, Tobias C. Robin, 21, of the 1600 block of Fourth Street, in Madison, was arrested near the intersection of Second and Ewing at about 1:34 a.m. after he was spotted by police.

Robin was wanted for failure to appear on charges of driving under a valid license.

Also on Friday, Vickie Dee Francis, 33, of the 500 block of Margaret in Mitchell was arrested for failure to appear on outstanding Madison warrants.

Sims was wanted for failure to appear on charges of operating an uninsured motor vehicle and driving on a suspended license.

In addition, he was wanted for failure to appear on charges of operating an uninsured motor vehicle to property.

A charge of unlawful possession of a controlled substance could be filed pending lab analysis of a urine sample found during a search, police said.

She was arrested after police spotted her walking in the 200 block of Madison Avenue.

Andre L. Mosh, 25, of the 1700 block of Edwardsville Road, Madison, was arrested for failure to appear on charges of retail theft after police

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(Staff photo by JOHN FRESE)

Donation — Butch Wojtowicz, left, executive director of Tri Cities Christmas in April project, accepts the \$621 raised by the Co-op Vacation Bible School this year from representatives of the three sponsoring churches, from left: Vee Throne of First Presbyterian, Joyce Toussaint of United Presbyterian and the Rev. Rose Hermonat of Saint Peter Evangelical United Church of Christ. The 88 children participating in the program raised the funds for Christmas in April during the first week of August. The charity, which provides free labor and materials for home maintenance for those unable to do the work themselves, is now accepting applications for next year's projects. Those wishing to submit applications should contact Wojtowicz at 1907 Johnson Rd., 62040, 452-7945.

Area gets praise for use of federal housing funds

By Mike Viola
Staff writer

A federal program providing funding to six economically depressed communities in the area is being used as a model for other urban areas throughout the country.

"The people in the area are doing something right, and we wanted to come here and meet and learn from them," said Andrew Cuomo, U.S. Housing and Urban Development Assistant Secretary.

Cuomo visited the Metro East to see local efforts on HUD's Empowerment Zone and Enterprise Community Initiative.

There are 72 EZ/EC communities in the United States and the local program, consisting of East St. Louis, Alton, Alton, Washington Park, Brooklyn and National City, ranks as one of the most productive.

Cuomo said a study that evaluated EZ/EC

programs will be released this week and is favorable to the East St. Louis area program.

"East St. Louis did very, very well in all of the areas," Cuomo said.

A highlight of the program so far has been the formation of a Small Business Development Center to help create businesses in the region.

The center is located at the University of Illinois and located at 18 EZ/EC programs.

Cuomo said he had a "sneak peek" at the results last week, which showed that the East St. Louis area was one of the top programs.

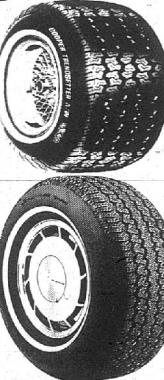
This is the first summer that East St. Louis and neighboring communities have received praise for operating a program funded by the federal government.

Earlier this year, officials from the United States Department of Agriculture were in Cahokia congratulating local officials for the success of the Urban Resources Partnership Program.

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P235/80R-13	\$44.00
P155/75R-14	\$40.00
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Leaks lingering as jail work nears completion

As renovation work at the Madison County Jail nears completion, some officials are getting a little nervous about lingering leaks. In a year and a half, the sheriff's office at Kandl St. in Edwardsville, have dealt with dripping ceilings. Giant sheets of plastic have been stretched over some areas to keep rooms dry.

A \$5 million renovation this year was supposed to change all that, but people at the sheriff's office say it's not quite finished.

In fact, Madison County officials said last week they would withhold a final payment of \$259,359 to contractor K&S Associates Inc. of St. Louis until they see if the roof is fixed. "We may not be architects or engineers, but the roof is near completion and we still have leaks," said Capt. Bob Hertz, administrative assistant to Sheriff Bob Churchich. "We certainly don't want to work in this environment."

Members of the County Board's Building Committee agreed to temporarily withhold payment at the request of Marty Siglock, county buildings administrator.

However, Siglock said he was not impressed with the complaints from the sheriff and his staff.

"At first they were telling me you could see stars through the roof at night," Siglock said at a committee meeting. "But I took (Churchich) and the jail superintendent up to look at the

"We may not be architects or engineers, but the roof is near completion and we still have leaks."

— Bob Hertz
Churchich side

roof, and they could show me one hole."

Siglock said the leaks should stop after contractors apply finishing touches, including a sealant, to the roof.

Herbert Milton Jr., committee chairman, also downplayed the sheriff's complaints.

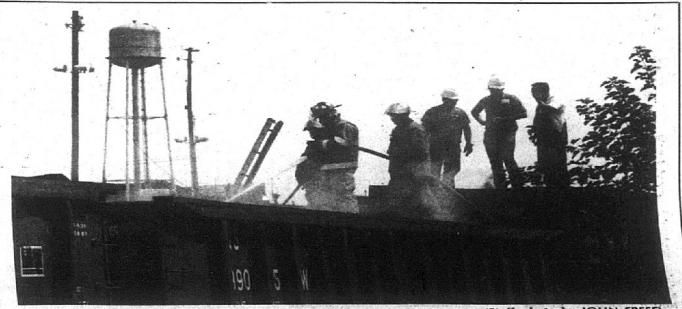
"I think (Churchich) isn't on this committee," Milton said.

Hertz said the department is grateful to the Building Committee for allocating funds for renovation, but wanted to offer constructive criticism to the contractor.

"If they tell us that the job is done and we are still having leaks, then at least we would be able to say that we told them," Hertz said.

In the meantime, Hertz said the leaks have affected morale.

— From The Telegraph



Rail fire — Firefighters from the Granite City Fire Department fill a railroad car with water to put out a fire which started in its cargo Friday morning. The cargo, railroad ties being transported by the railroad, ignited due to an unknown cause and was burning and putting out a large amount of smoke as it passed the Granite City Steel plant.

Fire district meeting

The Cloverleaf-East Madison Fire Protection District meeting will be held at 9:30 a.m. Sept. 24 at 2022 Fourth St. in Madison. The meeting is open to the public.

DIRT CHEAP

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LOCAL NEWS

Obituaries

Wade James

Wade E. James, 76, of Madison died at 12:30 p.m. Thursday, Aug. 15, 1996, at Midwest Baptist Hospital in St. Louis, where he had been a patient. He was born April 22, 1920, in Media, Pa.

A graduate of Cheyenne State University, he completed his master's degree and studies at the University of Illinois in Urbana-Champaign. He served and was honorably discharged from the United States Army in 1946. He began his teaching career at Dunbar



Elementary School in 1947, progressing to principal and then administrative assistant of Madison School District, serving as assistant superintendent of schools in 1965. Mr. James was a member of Bethel African Methodist Episcopal Church in Madison, as well as many civic and professional organizations, including Kappa Alpha Psi fraternity and Jerry Lewis Club. He received numerous educational and professional awards during his lifetime, including being named Outstanding Educator of the Year, Cheney State University in 1994.

Survivors include his wife, Hilda (Gill) James, with whom he lived in 1950; one son, Harold "Jimmy" James; one daughter, Mary McLendon; three brothers, John, Fred and Paul; both of Washington, D.C.; and Lee Payne of Upper Marlboro, Md.; six sisters, Ellen Sturdivant, Janice Dempsey, Joyce Award and Sheila All of

Washington, Albertha Pritchett of Hyattsville, Md., and Eunice Epps of Sherman, Conn.; and one grandson, Harold James. He was survived by his parents, Harold and Albertha James; one brother; and two sisters.

Visitation is from 4 to 7 p.m. Thursday at Bethel African Methodist Episcopal Church, 1035 Market St. in Madison, where services are at 7 a.m. Friday. Interment will be at Q. Owen's officiating. Burial will be in Sunset Gardens of Memory in Madison.

Memorials are requested for the Jerry Lodge 120 F & AMPA Scholarship Fund, 630 Broadway, Venice, Ill. 6090.

Raymond Barker

Raymond Edward Barker Jr., 34, of Granite City died Sunday, Aug. 18, 1996. He was born Oct. 25, 1961, in Granite City, where he had been a resident for 31 years prior to moving to College Springs three years ago.

A truck driver with Barker Trucking Company since 1984, Barker was an Army veteran and of the Protestant faith.

Survivors include his wife, Lisa (Diana) Barker; two daughters, Chelsea and Stephanie Barker, both of College Springs; a son, Michael Barker; his brother, Barker Jr. and Cathleen (Farmen) Barker of Pontoon Beach; one brother, Thomas Barker; one sister, Joanne Parker of Henderson, Ark.; his grandfather, Irene King of Henderson, Ark.; his grandmother, Ruby Barker of Pontoon Beach.

He was preceded in death by his grandfather, Nabel King.

Services will be at Werner Chapel for Funeral Services, 3901 Main in Pontoon Beach, with the Rev. Gus Guerra officiating. Burial will be in Maple Cemetery in College Springs.

James Pillow

James "Jack" Pillow, 76, of Madison died at 2:54 a.m. Saturday, Aug. 17, 1996, at his home in Madison. He had been following a 10-month illness.

Born May 12, 1921, in Pontoon, Ark., he had been a resident of Madison for 36 years.

A maintenance man with Western Trucking for 19 years prior to his retirement, he was a member of Trinity Baptist Church in Madison and Teamsters' Local 882.

He was preceded in death by his wife, Violet (Yancy) Pillow, whom he married Sept. 26, 1946; one daughter, Jacqueline (Pattie) Pillow of Marion, Ark.; and one granddaughter, Lilly Pillow of Corning, Ark.; and one granddaughter.

He was preceded in death by his parents, James J. and Matilda (Mayo) Pillow.

Services were Tuesday at Werner Chapel for Funerals in Pontoon Beach, with St. John Cemetery in Terre Haute, Ind., officiating.

Memorials are requested for the American Cancer Society.

Daniel Manning

Major General Daniel J. Manning, 64, of Santa Monica, Calif., died Thursday, July 4, 1996, at his residence, which was born Dec. 10, 1911, in Manhattan.

Mr. Manning attended grammar school in Manhattan and Joliet and graduated from Joliet Junior College in 1933. He graduated from the University of Illinois with a bachelor of science degree in chemical engineering in 1933 and a master of science degree in chemical engineering in 1934.

Retired in 1984, he had been a resident of Santa Monica since May 1993. While in Chandon Hills, he served as past president of the Kiwanis Club, the Parent-Teacher Association and the Little League.

He was married to Nash Funeral Home in East St. Louis. Burial was in Holy Cross Cemetery in Fairview Heights.

W. Stegelmeyer

Walter R. Stegelmeyer, 78, of Granite City died at 3:05 p.m. Sunday, Aug. 19, 1996, at Colonial Care Center, after being ill for more than four months. He was born April 22, 1918, in Granite City, where he had been a lifelong resident.

A native of rural Granite City, he was employed by Western Electric (now AT&T Technologies) in engineering management from 1944 to 1975. He was awarded the 1993 Distinguished Alumni Achievement Award in 1993.

Gen. Manning entered on extended active duty for World War II, on Nov. 1942, and was promoted to major in the North African-Mediterranean-European theatres, participated in nine major campaigns, and was a member of the ANZIO Beachhead operation and an assault crossing of the River into Germany.

He returned to active status as a colonel in March 1946. He organized and commanded the Second Logistical Command of Chicago. His activation in February 1953 through deactivation in December 1965, he was a member of the 10th Air Force during the Reserve Forces call-up for the Berlin Crisis in 1961.

Gen. Manning was promoted to brigadier general in January 1954 and to major general in 1956. He was promoted to Army general in 1968 after 38 years active and reserve service. He was the senior Army general in the United States at that time.

Survivors include his wife, Anna Mae (Krause) Stegelmeyer, whom he married Dec. 26, 1940, in Granite City; two sons, Daniel S. Manning of Bonita, Calif., and Richard S. Manning of Monroe; one daughter, Joann Manning of Santa Monica; one brother, Robert W. Manning of Mount Prospect, Ill.; two sisters, Mary and Margaret Jorgenson, both of Manhattan; and one grandson.

Memorial service will be held at 1 p.m. Saturday, Aug. 24, at Redeemer Lutheran Church. First Service, 10 a.m. Sunday, Aug. 25, at First Service, with the Rev. Gus Guerra officiating. Burial will be in Maple Cemetery in College Springs.

James Woodiest

James Woodiest, 78, of East St. Louis, died at 12:45 a.m. Saturday, Aug. 19, 1996, at St. Mary's Hospital in East St. Louis. He had been a resident of Brooklyn for 25 years prior to moving to East St. Louis in 1945.

He was a food service worker employed with Granite City Iron Company.

Survivors include his wife, Alberta Woodiest; and one daughter, John United Church of Christ.

Lavergne Peters

Lavergne F. Peters, 63, of Pontoon Beach, formerly of Beckley, died Thursday, Aug. 15, 1996, at St. Elizabeth Hospital in East St. Louis. She was born April 16, 1933, in Marion, Ill., and was a resident of Granite City, where she had been a lifelong resident.

She was preceded in death by her husband, Walter Ruwisch, whom she married April 12, 1957, in Granite City, and one son, Clark Alvarez of Hollister.

She was preceded in death by her parents, Louis and Augusta (Spratt) Alvarez.

Services were Monday at Irwin Chapel, 1000 N. Main St., in Marion, with the Rev. Donald SABBERT officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the Thomas Memorial Mortuary in Granite City.

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From October 1934 to November 1944, he worked as a chemical engineer at Western Cartridge Company in Granite City, where he was employed by Western Electric (now AT&T Technologies) in engineering management from 1944 to 1975. He was awarded the 1993 Distinguished Alumni Achievement Award in 1993.

Gen. Manning entered on extended active duty for World War II, on Nov. 1942, and was promoted to major in the North African-Mediterranean-European theatres, participated in nine major campaigns, and was a member of the ANZIO Beachhead operation and an assault crossing of the River into Germany.

He returned to active status as a colonel in March 1946. He organized and commanded the Second Logistical Command of Chicago. His activation in February 1953 through deactivation in December 1965, he was a member of the 10th Air Force during the Reserve Forces call-up for the Berlin Crisis in 1961.

Gen. Manning was promoted to brigadier general in January 1954 and to major general in 1956. He was promoted to Army general in 1968 after 38 years active and reserve service. He was the senior Army general in the United States at that time.

Survivors include his wife, Anna Mae (Krause) Stegelmeyer, whom he married Dec. 26, 1940, in Granite City; two sons, Daniel S. Manning of Bonita, Calif., and Richard S. Manning of Monroe; one daughter, Joann Manning of Santa Monica; one brother, Robert W. Manning of Mount Prospect, Ill.; two sisters, Mary and Margaret Jorgenson, both of Manhattan; and one grandson.

He was preceded in death by his parents, Lawrence R. and Amelia (Brink) Stegelmeyer.

Services are at 11 a.m. today, Wednesday, at Thomas Memorial Mortuary in Marion, with the Rev. Jim Hooker officiating. Burial will be in St. John Cemetery in Marion.

Memorials are requested for the American Lung Association.

Charles Alvarez

Charles "Chico" Alvarez, 56, of Hollister, Mo., formerly of Collinsville, died at 6:30 p.m. Thursday, Aug. 15, 1996, at his home in Granite City, where he had been a resident of Granite City since 1968.

Mr. Alvarez was a maintenance man with Western Trucking for 19 years prior to his retirement, and a member of Trinity Baptist Church in Madison and Teamsters' Local 882.

He was preceded in death by his wife, Violet (Yancy) Alvarez, whom he married Sept. 26, 1946; one daughter, Jacqueline (Pattie) Alvarez of Marion, Ark.; and one granddaughter, Lilly Alvarez of Corning, Ark.; and one granddaughter.

He was preceded in death by his parents, James J. and Matilda (Mayo) Alvarez.

Services were Tuesday at Werner Chapel for Funerals in Pontoon Beach, with St. John Cemetery in Terre Haute, Ind., officiating.

Memorials are requested for the American Cancer Society.

Shaina Glasco

Shaina Leanne Glasco was stillborn at 3:08 p.m. Friday, Aug. 16, 1996, at Anderson Hospital in Maryville.

Survivors include her parents, Jason and Linda (Bartholomew) Glasco of Granite City; her paternal grandparents, Jim and Judy Glasco of Glen Carbon; her maternal grandparents, Carol and Robert (Rohr) and Robert and Diane Bartholomew, all of Granite City; and her maternal great-grandparents, Gus and Scherlene (Schaefer) Bevly and Eugene Barthelemy of Granite City.

Services were Monday at Irwin Chapel, 1000 N. Main St., in Marion, with the Rev. Leonard E. Poff officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the Arthur Foundation.

Lavergne Peters

Lavergne F. Peters, 63, of Pontoon Beach, formerly of Beckley, died Thursday, Aug. 15, 1996, at St. Elizabeth Hospital in East St. Louis. She was born April 16, 1933, in Marion, Ill., and was a resident of Granite City, where she had been a lifelong resident.

She was preceded in death by her husband, Walter Ruwisch, whom she married April 12, 1957, in Granite City, and one son, Clark Alvarez of Hollister.

She was preceded in death by her parents, Louis and Augusta (Spratt) Alvarez.

Services were Monday at Irwin Chapel, 1000 N. Main St., in Marion, with the Rev. Donald SABBERT officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the Arthur Foundation.

•Petitions

18, 1996, at Colonial Care Center, after being ill for more than four months. He was born April 22, 1918, in Granite City, where he had been a lifelong resident.

He was preceded in death by his wife, Mary Ann (Minnich) Peters of Bartlett, Ill.; and Roger Lovelace of Collinsville; six brothers, Sam, Eddie, Lester, and Belleville; Terry Moore of Marion; Debbie, George, and Charles of Collinsville; and his mother, Gertrude (Krusp) Peters of Beckley, W. Va.; and his father, John of Lebanon; one sister, Phyllis Garcia of Breez, and 15 grandchildren.

Services were Tuesday at St. Anthony's Cemetery in Granite City, with the Rev. Richard Weidert officiating. Burial was in St. Anthony's Cemetery in Granite City.

Arrangements were handled by Fifer Funeral Home in Granite City.

Julia Gonzalez

Julia Marie (Bernal) Portell Gonzalez, 73, of Highland, formerly of Granite City, died at 8:05 p.m. Saturday, Aug. 17, 1996, as a result of an automobile accident on Scott-Troy and Charles Trail roads in O'Fallon Township.

She was born Feb. 19, 1923, in Silvia, Mo., and grew up in Granite City, where she attended school. She had been a resident of Highland since 1973.

A homemaker, she was a former member of the Highland Community Church in Highland.

Mr. Gonzalez held a variety of positions, including welding Army tanks at Commonwealth Park during World War II, owning a confectionery store in Granite City, and working as a building supervisor at Park City, formerly owned by his father, Charles Gonzalez of Collinsville, who was a United States Army veteran.

Survivors include his wife, Carol (Curtis) Alvarez, whom he married April 12, 1957, in Granite City, and one son, Clark Alvarez of Hollister.

He was preceded in death by his parents, Louis and Augusta (Spratt) Alvarez.

Services were Monday at St. John Cemetery in Terre Haute, Ind., with the Rev. Donald SABBERT officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the American Cancer Society.

Raffle winners

The Granite City Association for the Protection of the Environment held a raffle, held July 4.

First-place winner of \$100 was Mary Moslander. Second-place winner of \$50 was Linda Irwin. Third-place winner of \$25 was Angela Laughlin.

She also said many residents who signed the petitions have since told her they did not understand the document — that they were told the purpose of the petitions was to eliminate mobile homes, to continue the township form of government or to consolidate the city and township.

The way (Partney) did it (obtained signatures) is not right," Laub said.

She said the petitions will be challenged.

Town Clerk Judy Whitaker said objections must be filed by Aug. 26.

If that is the case, either the city's or the township's board of election will hear the challenge and rule on its validity.

It was not immediately clear if the referendum is a township question or a city question.

The township board of elections consists of Whitaker, Township Supervisor Bernie Hagnauer and Casner Skubish, the town supervisor with the most years of service.

The city board of elections is Whitaker, Skubish and Mayor Ron Selph.

Hagnauer, Whitaker, Skubish and Selph all receive regular paychecks from the township.

The decision of the board of elections may be appealed to the circuit court.

If the petitions are challenged, Partney said, the issue will most likely be decided by a judge — either a circuit judge or the appellate court.

"I think it's pretty easy to see that Mrs. Hagnauer has a conflict," Partney said.

If there is a challenge, Partney said, it is important that the question be heard quickly so that the question can be put to voters in November. If the question is not on the November ballot and township officials are elected in April, those officials must be held for four years regardless of whether township government exists.

The 70-page petition Partney filed Monday contained about 1,800 signatures — about 55 more than Partney was told are necessary to get the question on the ballot.

While Partney has apparently come up with the required number of signatures, he doesn't think he has been asked to do more than is really necessary.

"It only takes 500 signatures to run for mayor in this city," Partney said. "This is a local issue and I don't see why it should take any more signatures to get a referendum on local ballot."

He said Madison County Board of Directors Salitch came up with the figure of the required number of signatures, which is 10 percent of the number of registered voters in Granite City.

Partney criticized what he considers nepotism in Granite City Township government.

Many township employees are relatives of either Laub or Hagnauer, he said.

"It's an unnecessary cost to the taxpayer," Partney said. "I am willing to publicly debate Mrs. Laub or anyone else on the issue of township government. Let's inform the voters on the issue and let them decide."

He said Granite City Township is nearly double that in Collinsville Township, even though Collinsville Township provides road maintenance and Granite City Township does not.

"There is an excess (in the Granite City Town Fund) every year," Partney said. "They should give it back to the residents in the form of a tax reduction."

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SIUE athletes to receive care from St. Elizabeth program

St. Elizabeth Sports Services will provide daily sports medicine coverage to athletes at Southern Illinois University at Edwardsville during the 1996-97 school year.

Dan Stepp, Certified Athletic Trainer and Coordinator for St. Elizabeth Medical Services at St. Elizabeth Medical Center will head the program.

The six-year-old program at St. Elizabeth Medical Center includes four athletic trainers who are certified through the National Athletic Trainers Association and are licensed by the State of Illinois. The sports services program includes community education programs.

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By Nicole Vaughn
Staff writer

It's official: Cahokia Mounds is now in Collinsville.

During its meeting last week, the Collinsville City Council voted 4-1 to annex 861 acres of the state historic site, or about half of the the site's acreage.

The annexed territory includes Monk's Mound and the Interpretive Center. Director of Economic Development Tim Pickering said.

A public hearing on the annexation was held during the meeting.

Pickering said a key advantage is having a World Heritage Site within the city limits. Other pluses include creating a natural western boundary, putting the city limits within 5 miles of the Gateway Arch, and revenues from water service and taxes from Cahokia Mounds' gift shop sales.

The downside of the annexation includes a possible legal challenge by the State Park Protection District, and additional police and fire calls will lower response times.

Those issues were not overlooked by Mayor Kutzera. He voted against the annexation.

"It's too much of an added burden to the taxpayers for us to annex this property," Kutzera said. "We're passing through a lot of area that doesn't belong to the city."

Cahokia Mounds was in an unincorporated

area west of the city that takes in land in both Madison and St. Clair counties.

Waters said he heard of the request to annex the city. Pickering said that Cahokia Mounds has had trouble with pressure in its sprinkler system. Dr. Margaret Brown, site director, said that in the last two weeks the site has been without water three times — once for several hours.

Kutzera said he would have supported a measure to provide water service to the Mounds — but left it at that.

We will provide water for them and solve their problem," Kutzera said. "We are using Collinsville resources to support that effort down there. Pretty soon we may be looking at additional personnel."

Rodney Redmond, president of the State Park Fire Protection District, said his district is "100 percent opposed" to the annexation. He said Collinsville officials have not been forthcoming with information.

"I don't see it as being for very good reason," Redmond said.

Pickering said that the fire district will continue to receive the \$1,200 it is currently paid by Cahokia Mounds and that having State Park as a "first responder" on fire calls has been discussed.

"We currently don't have a problem with that, but we do need to work something out," Pickering said.

BAC offers beginning firearms course

For individuals who are interested in safely using firearms, Belleville Area College is offering an introduction to firearms course

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this fall at the Belleville Campus, 2500 Carlyle Ave.

Introduction to Firearms, Administration of Justice 140 hours of gun literacy course, said William Allen, coordinator of BAC's Administration of Justice program.

The course is designed to introduce individuals to the law, liability and use of handguns, as well as the skills required in the care, handling

and safety of handguns.

Introduction to Firearms will be offered from 9 a.m. to 5 p.m. Saturday and Sunday, Oct. 19-20. The one-credit-hour course includes classroom instruction as well as firing-range activities. The course also can be used as an elective.

For more information, contact Allen at 235-2700, extension 265 or 283.

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SCHOOL DISTRICT 9 BUS SCHEDULES

EXAMPLE: STREET: ABEL COURT BUS NUMBER: 28 PICKUP TIME: 7:15 A.M.

The following are the Granite City bus schedules for the 1996-97 school year:

Granite City High School

Abel Court, 28, 7:30 a.m.
Adams (1900-2200), 25, 7:40 a.m.
Alexander, 25, 7:30 a.m.
Alice, 40, 7:25 a.m.
Angela Drive, 4, 7:05 a.m.
Arlington Drive, 26, 7:10 a.m.
Arlington Road, 26, 7:15 a.m.
Army Depot, 19, 7:10 a.m.
Arnold Drive, 4, 7:10 a.m.
Ashland, 28, 7:05 a.m.
B Street, 10, 6:55 a.m.
Bartley, 29, 7:05 a.m.
Benning, 36, 7:10 a.m.
Benton (1900-2200), 25, 7:40 a.m.
Big Four, 26, 7:10 a.m.
Big Four Place, 23, 7:05 a.m.
Bischoff Road, 23, 7:10 a.m.
Blu Spruce Court, 4, 7:05 a.m.
Bluebird, 36, 7:05 a.m.
Boston Place, 4, 7:15 a.m.
Boyle, 41, 7:10 a.m.
Bradley, 24, 7:10 a.m.
Breckenridge, 31, 7 a.m.
Bremen (1800-1800), 4, 7:15 a.m.
Bruene, 10, 6:55 a.m.
Brums Road, 23, 7:10 a.m.
Bryan, 18, 7:20 a.m.
Buena, 16, 7:10 a.m.
Bunger, 14, 7:25 a.m.
Burton Subdivision, 40, 7:25 a.m.
Cambridge Court, 14, 7:20 a.m.
Cambridge Drive, 14, 7:20 a.m.
Carl, 16, 7:05 a.m.
Carla, 26, 7:10 a.m.
Carolyn, 40, 7:20 a.m.
Carri, 21, 7:20 a.m.
Cayuga, 17, 7:05 a.m.
Cemetery Road, 18, 7:10 a.m.
Central Avenue, 28, 7:05 a.m.
Central Lane (4000 block), 10, 7:05 a.m.
Central Lane (3900) block, 31, 7 a.m.
Chain of Rocks Road (West), 15, 7:25 a.m.
Charles Street, 25, 7:30 a.m.
Charlestown Circle, 14, 7:15 a.m.
Cheshire, 38, 7:10 a.m.
Chestnut, 19, 7:15 a.m.
Chain of Rocks Road (Slough), 8, 7:15 a.m.
Chouteau Street, 28, 7:05 a.m.
Chouteau Trace, 28, 7:15 a.m.
Circle Drive, 9, 7:25 a.m.
Cleveland Boulevard (1900-2200), 7:10 a.m.
Cleveland Boulevard (1900-2200), 25, 7:40 a.m.
Clinton, 4, 7:05 a.m.
Concord Court, 14, 7:15 a.m.
Corbin, 16, 7:15 a.m.
County Lane, 36, 7:05 a.m.
Courtney, 38, 7:15 a.m.
Cynthia Lane, 28, 7:10 a.m.
Daisy Court, 26, 7:05 a.m.
Dale, 29, 7:20 a.m.
Davies Place, 28, 7:10 a.m.
Dawn (2200-2300), 4, 7:10 a.m.
Deborah Court, 4, 7:05 a.m.
Delmar Avenue (1200-1900), 20, 7:10 a.m.
Delmar Avenue (2000-2100), 25, 7:40 a.m.
DeLynn, 38, 7:10 a.m.
Denver, 17, 7:05 a.m.
Depot, Army, 19, 7:10 a.m.
Dewey, 18, 7:15 a.m.
Division, 31, 7:10 a.m.
Donald Court, 24, 7:25 a.m.
Dorothy Court, 24, 7:25 a.m.
Douglas, 28, 7:10 a.m.
Drew, 24, 7:20 a.m.
Driftwood, 28, 7:20 a.m.
Dwight, 4, 7:10 a.m.
East Chain of Rocks Road, 28, 7:10 a.m.
East Lake Drive (4200 and up), 19, 7:10 a.m.
East Line (Army Depot), 19, 7:10 a.m.
Eastgate, 39, 7:05 a.m.
Edna, 25, 7:30 a.m.
Edison (1200-1900), 20, 7:10 a.m.
Edison (2000-2100), 25, 7:40 a.m.
Eduardo, 26, 7:10 a.m.
Edwardsville Road (1200-1400), 21, 7 a.m.
Edwardsville Road (2200-2300), 25, 7:30 a.m.
Elkwood, 20, 7:20 a.m.
Elliott Road, 24, 7:10 a.m.
Emzee, 8, 7:20 a.m.
Engel, 28, 7:10 a.m.
English Place, 28, 7:10 a.m.
Esquire Drive (191, 192, 201 only), 23, 7:20 a.m.
Evergreen, 16, 7:05 a.m.
Fairway Estates Apartments, 27, 7:15 a.m.
Ferguson, 38, 7:20 a.m.
Fischer Court, 19, 7:10 a.m.
Fleming, 28, 7:10 a.m.
Fleau, 39, 7:10 a.m.
Court, 38, 7:10 a.m.
ane, 40, 7:25 a.m.

Gargac Lane (Smith Roul- land), 24, 7:10 a.m.
Garber Court, 19, 7:10 a.m.
Garden Lane, 10, 6:55 a.m.
Gentle Drive (Oakmont), 10, 7:10 a.m.
Gaslight Walk, 10, 7:10 a.m.
Georgetown, 39, 7:10 a.m.
Gemstone, 24, 7:20 a.m.
Grand (1200-2000), 20, 7:10 a.m.
Grand (2100 only), 25, 7:40 a.m.
Granite, 21, 7 a.m.
Gray Day Drive, 28, 7:10 a.m.
Guth, 40, 7:25 a.m.
Hamilton, 38, 7:10 a.m.
Hanson Drive, 26, 7:10 a.m.
Hanson (1000-1200), 24, 7:10 a.m.
Harriett Avenue, 38, 7:10 a.m.
Harvey Place, 41, 7:10 a.m.
Heather Street, 40, 7:25 a.m.
Herbert, 16, 7:05 a.m.
Hemlock, 4, 7:10 a.m.
Hickory Court, 29, 7:15 a.m.
Hill Street, 16, 7:05 a.m.
Hinkle Court, 19, 7:10 a.m.
Holiday Mobile Homes, 23, 7:10 a.m.
Highway 3, 8, 7:20 a.m.
Highway 67, 8, 7:20 a.m.
Highway 111 (3500-3600), 28, 7:10 a.m.
Highway 111 (2800-S.A. 35), 23, 7:20 a.m.
Highway 111 (4100 and up), 39, 7:05 a.m.
Highway 162 (3200-4100), 26, 7:20 a.m.
Highway 162 (4200-4500), 24, 7:10 a.m.
Illinois Avenue (2000-2400), 20, 7:15 a.m.
Independence Drive, 17, 7' a.m.
Iowa (1200-1400), 20, 7:15 a.m.
Iowa (2000-2100), 25, 7:35 a.m.
Iris, 24, 7:20 a.m.
Iron, 21, 7 a.m.
Ivy Lane, 14, 7:20 a.m.
Janine Court, 7, 05 a.m.
Jason Drive, 38, 7:05 a.m.
Jeanette Drive, 23, 7:30 a.m.
Jefferson, 8, 7:20 a.m.
Jefferson (4000-4100), 10, 6:55 a.m.
Jones Court, 24, 7:15 a.m.
Joseph Court, 38, 7:05 a.m.
Joyce, 24, 7:25 a.m.
Justice Court, 19, 7:10 a.m.
Karen Drive, 26, 7:10 a.m.
Kaseberg Lane, 24, 7:25 a.m.
Kaufman, 28, 7:10 a.m.
Kathy Drive, 10, 7:10 a.m.
Katie Lynn Drive, 38, 7:10 a.m.
Kellin Lane, 15, 7:30 a.m.
Keith Drive, 14, 7:20 a.m.
Kelly Drive, 23, 7:20 a.m.
Kennedy Drive (Army Depot), 19, 7:10 a.m.
Kennedy Drive (Tri-City Park), 21, 7:15 a.m.
Kirkland Lane, 28, 7:10 a.m.
Lake Drive (2200-3600), 23, 7:25 a.m.
Lake Drive (3700-3900), 10, 7 a.m.
Lake Drive (4000-4300), 10, 7 a.m.
Lake Drive (4400 and up), 31, 7:05 a.m.
Lake Drive (4700), 31, 7 a.m.
Lake Street (3600-3900), 10, 7 a.m.
Lakeview Drive (1-50), 39, 7:05 a.m.
Lakeview Drive (4900-5200), 10, 7 a.m.
Lakeview Drive, 10, 7 a.m.
Lee Avenue (200-2200), 25, 7:30 a.m.
Lee Street, 40, 7:25 a.m.
Legacy Drive, 24, 7:25 a.m.
Lenox, 28, 7:10 a.m.
Lewis, 16, 7:05 a.m.
Lexington Court, 14, 7:15 a.m.
Leyden, 17, 7:15 a.m.
Lily Avenue, 24, 7:20 a.m.
Lindsey (4900), 16, 6:55 a.m.
Lockhaven, 36, 7:05 a.m.
Logan Avenue (2200-2400), 18, 7:20 a.m.
Logan Avenue (2600), 8, 7:20 a.m.
Lola, 15, 7:35 a.m.
Louis, 25, 7:30 a.m.
Lucky Lane, 15, 7:30 a.m.
Lynch (2100-2300), 38, 7:10 a.m.
Lynch (2400), 4, 7:10 a.m.
Lynch (2500 and up), 41, 7:20 a.m.
Madison Avenue (1200-2000), 20, 7:15 a.m.
Mallard, 24, 7:20 a.m.
Maple (1800-1800), 19, 7:15 a.m.
Margaret, 28, 7:10 a.m.
Marigold, 24, 7:15 a.m.
Mark Court, 14, 7:20 a.m.
Martin, 28, 7 a.m.
Maryville Road (2700-3000), 14, 7:15 a.m.
Maryville Road (3900-4900), 4, 7:05 a.m.
Matthew Court, 36, 7:10 a.m.
Maude Court, 4, 7:10 a.m.
McDonald Drive, 19, 7:10 a.m.
McKinley, 8, 7:25 a.m.
Meadow Lane, 38, 7:25 a.m.
Meadowlark, 38, 7:15 a.m.
Melvin Drive, 23, 7:20 a.m.
Meridian (1100-1400), 21, 7 a.m.
Middlesex Circle, 14, 7:15 a.m.
Mikel Drive, 28, 7:10 a.m.
Mimosa, 28, 7:15 a.m.

Minerva, 38, 7:20 a.m.
Miracle, 38, 7:20 a.m.
Missouri (2000-2400), 18, 7:15 a.m.
Missouri (2600-2700), 26, 7:20 a.m.
Mockingbird, 36, 7:15 a.m.
Moffatt, 15, 7:30 a.m.
Monroe (2100-2200), 25, 7:35 a.m.
Moordland Drive, 28, 7:10 a.m.
Morgan, 8, 7:20 a.m.
Morris Court, 4, 7:05 a.m.
Morrison Road, 31, 6:50 a.m.
Mueller, 16, 7:05 a.m.
Mueller Drive, 9, 7:25 a.m.
Nameoki Road (2100-2200), 23, 7:30 a.m.
Nameoki Road (4000-4900), 38, 7:05 a.m.
Nameoki Road (5100-5200), 28, 7 a.m.
Nancy, 8, 7:20 a.m.
Nelson Drive, 10, 7 a.m.
Nevada (2000-2100), 8, 7:20 a.m.
Nevada (2200), 8, 7:15 a.m.
Nevada (2300 and up), 17, 7:05 a.m.
Nicholas Lane, 10, 7 a.m.
Niedringhaus Avenue (1200-1500), 25, 7:40 a.m.
Nightingale, 38, 7:15 a.m.
North Bridge, 14, 7:15 a.m.
North Street (2600), 14, 7:15 a.m.
North Street (4100), 39, 7:05 a.m.
Northland, 38, 7:05 a.m.
Oakland, 11, 7:05 a.m.
Old Alton Road (5400-5200), 40, 7:25 a.m.
Old Alton Road (4200-4900), 9, 7:25 a.m.
Old Alton Road (5100), 16, 7:10 a.m.
Olive, 19, 7:15 a.m.
Omaha, 21, 7 a.m.
Orville, 38, 7:10 a.m.
Old Altonardville Road (Smith Roulard Loop), 24, 7:10 a.m.
Old Highway 3, 18, 7:10 a.m.
Old Rock Road, 8, 7:20 a.m.
Osgood, 28, 7:20 a.m.
Paradise Lane, 28, 7:15 a.m.
Park Avenue (2000), 21, 7:05 a.m.
Park Lane (4000), 10, 7:05 a.m.
Park Lane (4200-4500), 10, 7:05 a.m.
Parkview Apartments, 14, 7:05 a.m.
Parke, 38, 7:10 a.m.
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SCHOOL DISTRICT 9 BUS SCHEDULES

EXAMPLE: STREET: FAIRWAY ESTATES APARTMENTS BUS NUMBER 32 PICKUP TIME: 7:35 A.M.

NEWS

Plan aims at meter tamperers

IP donates device to detect pot growers, other violators

Illinois Power Co. has donated a \$1,500 device to Illinois law enforcement agencies who catch marijuana growers who tamper with their meters.

Drug dealers and users who grow marijuana indoors use a lot of light. To avoid suspicion spurred by tremendously high electricity bills, many growers will tamper with their meters so that the electricity which is officially recorded is considerably less than what they actually use.

Drug dealers are not the only offenders.

David A. Boyd, IP's director of audit and compliance services, said that electricity thieves range from marijuana growers to business and residential customers. He said that tampering results in IP losing from \$100 to thousands of dollars during each incident.

"The more electricity that is stolen from us, the more everyone has to pay for it," Boyd said. "We have to charge more because every kilowatt is not being recorded."

Boyd recently conducted a workshop on meter tampering for officers participating in marijuana detection training at the Illinois State Police Academy in Springfield. His visit was the foundation for the utility company's donation of the diversion system to enforcement agencies.

Law enforcement can easily install the inconspicuous system without interrupting service. Therefore, the system allows authorities to identify meter tampering without the resident's knowledge.

Boyd noted that a single marijuana plant grown in an inside grower's home can net about \$4,000 for a dealer.

In the past, individuals grew marijuana outdoors but ran into such woes as authorities easily observing them or deer eating the marijuana. Such pressures led the growers to move indoors and use sophisticated growing lights that produce more potent and faster maturing plants, Boyd said.

"Since marijuana has become the drug of choice in the suburbs, the indoor plants often are located in suburban homes," he said.

Boyd cautions officers to be extremely careful when investigating meter tampering. Authorities to seek assistance from their local utility companies. IP, for example, will provide qualified staff to accompany the officers to residents' homes if necessary, he said.

"It takes less than one amp to kill a person. Officers unfamiliar with meter equipment can get electrocuted very easily," Boyd added. An amp is a measure of the rate that electric current flows past a given point in an electric conductor, such as a power line.

IP's partnership with state authorities on the project is "a win-win situation. We can help the policing agencies and they can help us. It's also a win-win situation for our customers, shareholders and employees," Boyd said.

Terrance W. Gainer, director of the Illinois State Police, said, "Law enforcement is most effective when there is involvement.

MDA telethon at mall

St. Clair Square and the Muscular Dystrophy Association are teaming up for the annual Jerry Lewis "Stars Across America" Labor Day Telethon, which will be held on Sunday and Monday, Sept. 1-2.

St. Clair Square will be hosting its own pledge center in order to make it easier for Metro East residents to call in the contributions to the MDA.

The center will have the atmosphere of a mini-telethon festival, complete with phone bank, game booths, live entertainment and food.

Volunteers will man the phone bank from Sunday night until Monday evening. Music, games and entertainment will begin Monday morning and will go all day.

The public is invited to come and take part in this festive event.

There will be fun for the entire family, including games, contests and entertainment from several local acts.

MDA is looking for volunteers to man the phone bank and the game booths.

For more information call (314) 621-7322.

Quilting guild to meet Monday

The Hearts and Hands Quilt Guild of O'Fallon will meet Monday, Aug. 25, 7 p.m., at Woodgate Clubhouse in O'Fallon. The agenda includes charity quilt workshop, membership sign-up and quilters November retreat sign-up. For further information call 632-3911.

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ed by the Rescue Mission
Mission Church of God in Christ, 1536 Fourth St. in Madison, will celebrate its annual
Mission Church of God in Christ, 1536 Fourth St. in Madison, will celebrate its annual
Sister Charlene Turner.

The newest sister will be
Sister Ora Lee Earvin, national
evangelist, who is an active
member of the McCasland
Temple Church of God in Christ in Madison.

The Rev. Alfred E. Turner
Sr. is pastor of the Rescue
Mission.

Women's Day program planned

The members of the Rescue Mission Church of God in Christ, 1536 Fourth St. in Madison, will celebrate its annual Women's Day Program, featuring "50 women in white" at 3 p.m. Sunday, Aug. 25. The theme will be "The Time Has Come to Consider and Call and Send for the Mourning and Crying Women and Let Them Make Haste." Jeremiah 9:17-23.

Special music will be provided

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Study finds running is not dangerous for older people

Older people who hesitate to take up running as an exercise because of fear that it will damage their bones can get reassurance from a Stanford University Arthritis Center study.

There was no measurable difference in the incidence of osteoporosis or osteoarthritis between 27 runners and 27 non-running runners who were followed for nine years in the study. And the runners had greater bone mass. Average age was 57 at the start and 67 when final measurements were made.

All the volunteers in the study had periodic measurements of spine, bone density and knee joints. The changes caused by aging were similar for both groups.

The runners did tend to cut back a bit on their exercise with age. The average running time was about four hours a week at the start of the study and about two and a quarter hours at the end. ***

A study suggests that postmenopausal women who are taking estrogen replacement therapy might refrain from it for a few days before having a mammogram to detect breast can-

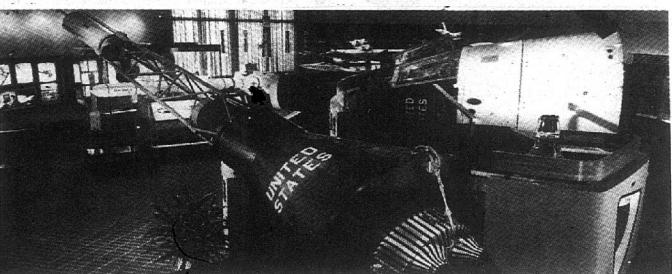
cer. The University of Washington study of nearly 4,000 postmenopausal women found a significant increase in breast tissue density in those taking estrogen. The result was an increase in both false positive and false negative results on mammograms.

It's estimated that estrogen therapy would result in an extra 40 false positive readings in every 1,000 women undergoing mammograms.

A carefully controlled test has confirmed an old folk belief: Some people can worry themselves into having a heart attack.

Duke University physicians assembled 125 older people who had been diagnosed as having partial blockage of the arteries. They were given some tasks designed to produce mild mental stress, such as doing mental arithmetic and giving an impromptu public speech, for example — and the reaction of their hearts was measured.

The people who had the greatest reaction in the test situation were twice as likely to have a heart attack over the next four years.



Aerospace Exhibit open to public

Visit the world of air and space this summer by browsing through the McDonnell Douglas Prologue Room. The exhibit displays the company's achievements in aerospace technology since 1920.

Located in the world headquarters building at McDonnell Boulevard and Airport Road, the Prologue Room is open 9 a.m. to 4 p.m. Tuesday through Saturday, June through August. Admission is Free.

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Patients fight FDA over cancer doctor

Just months after Douglas Wagner went to Washington to testify before Congress to praise an unproven drug for obliterating his brain tumor, he got a shock: The cancer was back.

Wagner's trauma illustrates the contention swirling over "antineoplastons."

Are they the wonder drugs that desperate patients insist? Or are they the latest forms of a fraud charged in a federal indictment of the drugs' creator, Dr. Stanislaw Burzynski.

A 72-count indictment charges that Burzynski made \$40 million selling unproven antineoplastons to 2,500 patients, violating Food and Drug Administration regulations and judges' orders to stop.

"There is a long history of promises of miraculous treatments, and they unfortunately generally don't pan out," said Dr. Richard Klausner, director of the National Cancer Institute.

Burzynski said the government and jealous colleagues unfairly persecuted him.

"Whenever you have a revolutionary who's going to change the science, that's what you're going to get," the Houston doctor said in an

interview.

He's following of dozens of patients who are frustrated by mainstream medicine's failure to win the war against cancer and have begged the government and protested outside congressional offices to let them use antineoplastons. They say it's their right to choose.

Today, some 350 people take the drugs — including 14-year-old Pauline Michaels of Troy, Mich., who told a congressional hearing they shrank his brain tumor to pea-size.

"It's like I'm in a war against cancer and the government keeps trying to take away the only weapon I have," the boy said.

Even Wagner stands by Burzynski. He quit taking antineoplastons only when his brain tumor tripled in size.

"We believe that treatment did work for Doug for a year," said his wife, Lola Wagner, of Estes Park, Colo.

The government says Burzynski flouted rules designed to protect patients and made money doing it.

Federal law requires drug companies to subject to rigorous clinical trials, to prove that they work and to ensure it's not just a coincidence that patients got better. Doctors can't make a profit off experimental drugs, and patients must be told the drugs are unproven.

Burzynski pleaded innocent to the government charges and faces trial in October. He said he charged patients not

for the drug, but for his medical services.

He says in practice, he agreed to do FDA-approved research to prove his drugs. Any other patients can use them only with special FDA permission, after exhausting other treatments.

Burzynski said antineoplastons work like biochemical switches that "turn off" cancer genes by interrupting the signal for cells to multiply. He claims they also fight AIDS and multiple sclerosis.

He discovered them in human urine that he collected thousands of gallons from prisons and public parks before making it synthetically.

One main ingredient in urine is a fatty acid in everyone's body called palmitic acid, or PA. The liver metabolizes PA into a waste product called PAG, another major ingredient.

Biochemist Stan Green has criticized the idea in the Journal of the American Medical Association. If PA and PAG are anticancer agents, "and all the body's PA is collected in the liver and all PA is converted to PAG, how come we get liver and bladder cancer?" he asks.

The work has also drawn criticism from University of Toronto doctors, who wrote in 1982 that Burzynski "knows very little about cancer" or else he doesn't care, "or is very stupid and he has tried to hoodwink us." The doctors said Burzynski's best patients frequently relapsed or benefited from other, approved treatments.

The National Cancer Institute abandoned its own antitumor activity. But the NCI abandoned its own studies on the drug last year, saying Burzynski's work is not cooperate. He said the NCI wouldn't give patients proper doses.

Today, 16 hospitals are conducting NCI-funded studies of whether one ingredient — phenylacetate — may indeed fight cancer.

"All we can say at this point is we are encouraged by the preliminary data," said the University of Virginia's Dr. Dovit Samid.

— Associated Press

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One-day trip planned to the south

On Sept. 19, the Granite City Park District will sponsor a one-day trip to southern Illinois. The highlight of the day will be the "Buffalo Tro," which is an old Indian custom of cooking steaks over hot coals in a pit. This will be done in Grafton City State Park, near Makanda.

As the full meal is being prepared, the legend of the custom will be explained by Doc Abernathy, who will also tell how the tradition was brought to southern Illinois.

Before the dinner, the group will meet a step-on guide in Carbondale to help explain other sights in the area with the first stop being at the Hundeley House in Carbondale. This is a historic home that has been turned into a gift shop.

Later in the day, dessert will be offered in a 100-year-old mule barn at the Fragrant Fields Herb Farm in Dongola. A tour of the property will explain the herbs grown there and their uses.

The fourth stop of the day will be at the Walton's Lamb Farm in Alton, which is home to several hundred sheep. A tour will include visiting with the lambs and learning about them from their owner and caretaker, Barbara Walton-Trotter. Lamb pelts and lamb meat will be available for purchase.

The bus will leave Wilson Park ice rink at 7:45 a.m. Sept. 19 and return at approximately 7 p.m.

The trip will go on sale at 8 a.m. Aug. 26, and at the Wilson Park ice rink. A minimum of 35 people will be required in order to make the trip. The cost of \$40 per person with the entire amount paid on the day of registration, will be charged.

For more information, call the Wilson Park office at 877-3059 or Sue Champion at 451-1212.

Free school supplies offered

Free notebooks and pencils will be given to school children in kindergarten through ninth grade this week. The newly formed St. Paul Light Missionary Baptist Church will offer the supplies on Friday.

The school supplies will be given out starting at 3 p.m. at Hair of Glory, 925 Madison Ave. in Madison.

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Wednesday

Granite City Journal Sports

August 21, 1996—Page 1B

inside
Cardinals
Team of the Week

SWC adds Lincoln, Edwardsville.
Page 2B

Rains wreak havoc

By Garen Vartanian
Staff writer

Steady rains have wreaked havoc on an otherwise exciting Mon-Clair Baseball League postseason.

Friday night, poor weather forced action to be moved from Sts. Peter and Paul Field in Waterloo to Sauget.

Granite City and Waterloo, which were scheduled to play at 6:30 p.m., did not get under way until nearly 8 p.m. The teams then played through a consistent rain most of the night.

The Valmeyer-East Alton nightcap resembled a West Coast affair. Both teams did not take the field until 10:30, and the game did not conclude until 1 a.m.

After a relatively spotless day and night of baseball Saturday, Mother Nature again became a factor.

Rains Saturday night and Sunday morning prompted league president Mel Patton to cancel the Waterloo and Mon-Clair championship games, scheduled for 2 p.m. It was a decision that did not sit very well with Lakers manager Dennis Pieper.

He and the rest of Valmeyer's squad showed up at Sts. Peter and Paul Field Sunday and felt the field was playable. "It's sad," Pieper said. "I don't know if we'll play Thursday."

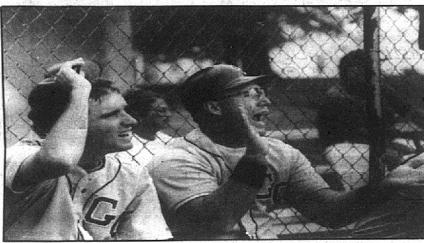
The championship game is scheduled for 7 p.m. Thursday in Waterloo. A Valmeyer win would force a second contest immediately after.

(See RAIN, Page 4B)

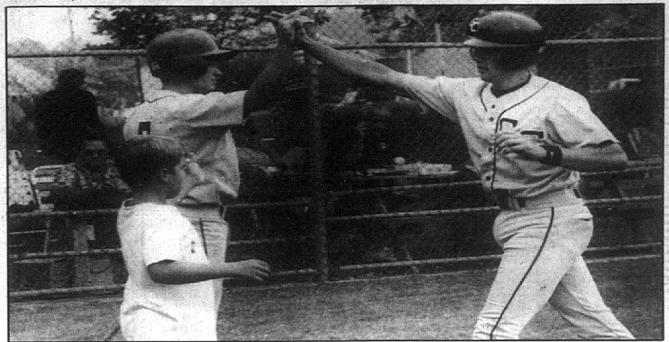


(Photos by PAUL BAILLARGEON)

Losing Mon-Clair pitcher Brian Harshany beamed Valmeyer's Mike McCarthy to open the eighth.



Darin Hendrickson, left, and Daren DePew applaud Wood's home run.



Jason Wood hit a solo homer, giving Granite City a 4-2 lead.

Valmeyer ends Granite City's Mon-Clair reign

By Garen Vartanian
Staff writer

Buoyed by the heroics of Brad Rippelmeyer, Valmeyer ended Granite City's reign as Mon-Clair champions Saturday afternoon in Waterloo.

The Lakers (22-7) outlasted Granite City (18-9) 6-5 in eight innings, but were one out away from being eliminated themselves.

With two men retired in

the top of the seventh and the Lakers trailing 5-3, Rippelmeyer stroked a two-run home run, knotting the game at 5.

One inning later, pinch hitter Jeremiah Bergheger lofted a decisive sacrifice fly, putting Valmeyer ahead for good 6-5.

Craig Hoffmann walked and losing pitcher Brian McCarthy to open the eighth. Gary Flarke then

sacrificed the runners into scoring position before Bergheger's run-scoring fly ball.

But it was Rippelmeyer's blast that was the key blow. Usually low-key, Rippelmeyer emphatically circled the bases.

"I think it was about three or four years of frustration in the minor leagues," all come out at once, Rippelmeyer said. "And Granite

(See GRANITE, Page 4B)

Legion baseball

Mon-Clair League Playoffs

Single elimination
Saturday, Aug. 10

Game 1: Waterloo 5, Fairview Heights 3.

Game 2: Granite City 10, Sauget 6.

Game 3: East Alton 8, O'Fallon 7.

Game 4: Valmeyer 21, Millstadt 17.

Double elimination
Friday, Aug. 16
at Sauget

Game 5: Waterloo 9, Granite City 5.

Game 6: East Alton 8, Valmeyer

6
Saturday, Aug. 17
at Waterloo

Game 7: Valmeyer 6, Granite City 5 (8 Inn.)

Game 8: Waterloo 6, East Alton 5.

Game 9: Valmeyer 5, East Alton 4.

Finals
Thursday, Aug. 22
at Waterloo

Game 10: Waterloo vs. Valmeyer.

Game 11: Winner Game 10 vs.

Loser Game 10, if necessary.

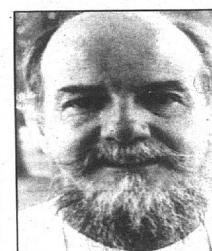
GCHS starts cross country with new coach

By Brian L. Jones
Correspondent

Granite City High School began practice Monday with a new head coach for the first time in 18 years.

But the experience was no major transition for the gathering party. New coach Tom Haefner, 52, is one of the few to be in touch with 20 boys and girls who reported for the 1996 season. Haefner has been with GCHS since 1984, when he and former head coach Dave McClain began running the cross country program together.

Haefner was the assistant who worked most frequently with the girls and worked with men's and women's teams. He also had been an assistant coach to Pete Robertson at the former North High School in 1982 and 1983. McClain stepped aside last September, having long sought to phase himself out of the picture after resigning as head track coach in 1994. Gene Briggs has coached track since then.



Tom Haefner

"He's always had a great rapport with the kids and I know he'll do a fine job," McClain said of Haefner. He was appointed by the District 9 board of education. "We really never divided the workouts, so Tom always had a lot of responsibility. It shouldn't

be a very difficult transition for him at all."

In fact, Haefner plans to ease the burden of expectations from his runners. It is tempting to set much higher standards under a new regime, but Haefner wants the pursuit of victory to be a gradual process. The Warriors are not seeking necessarily to win a regional title after placing only sixth (girls) and seventh (boys) last year at the Belleville West Regional.

"I want it to be fun for the kids and I want them to see how much they can improve," Haefner said. "At the same time, I want them to begin to enjoy the sport and have a good image of themselves, they will get more involved on form and speed. We'll challenge them to use their farmland and push themselves as the total person. But we never want them to lose sight of enjoying what they're doing."

Eventually, Haefner would like to rebuild the Warriors to their competitive level from

the turn of the decade. The Lady Warriors won two Southwestern Conference titles in 1994 and 1995, and runners Lorin and Lisa Wiser and Sheila Noel. Former all-conference runners Lance Reynolds, Brian Reed and Justin Strohman were GCHS boys to win last SWC title in 1991.

The program has been stagnant since then, as McClain and Haefner battled to recruit better athletes. The challenges are increasingly difficult against the backdrop of volleyball, football and boys soccer — three of the most popular (fall) sports on the GCHS campus.

"We're going to work on numbers this year, because recruiting is a big part of being the head coach," Haefner said. "At the same time, we're going to enjoy the sport and have a good image of themselves, they will get more involved on form and speed. We'll challenge them to use their farmland and push themselves as the total person. But we never want them to lose sight of enjoying what they're doing."

Eventually, Haefner would like to rebuild the Warriors to their competitive level from

(See HAEFNER, Page 4B)

NHSF passes new rules

The National High School Federation, the governing body of high school sports in the United States, has passed specific rules changes in basketball which will come into effect this winter.

The Illinois High School Association is a member of the National Federation.

(See RULES, Page 4B)

Walk with the Redbirds

Be a part of the fun! Join the Cardinals in helping provide preventive health care coverage to children who need it the most. Step out for the 5th Annual WalkFest '96 to raise money for the Caring Program for Children. The fun begins on Saturday, September 7.

Registration begins at 7:30 a.m. The Walk begins at 9 a.m. Simply fill out the registration form and mail it to: The Caring Program for Children, 1831 Chestnut Street, St. Louis, MO 63103. Or call Angela Parkes at 923-4763 for more information.

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Waterloo holds off Clippers 9-5

By Rob Raphael
Staff writer

A contest of talk became a contest on the field Friday night, and the Waterloo Buds took a big step in claiming the Mon-Clair League championship, posting a 9-5 victory over the Granite City Clippers.

The two archrivals talked a good game during the week preceding the second round of the league playoffs, but when they met on the field, it was the Buds that did more talking with the bats.

The game was moved to Saugel Field because of rain, struck the Waterloo area Friday evening, and the first game didn't begin until nearly 8 p.m.

Valmeyer was scheduled to play East Alton in the nightcap, but more rains hit Saugel about 10 p.m., and the odds of that game being played Friday looked slim.

If that had happened, it would have been played Saturday morning at Waterloo, pushing back the start of the other scheduled games.

"I don't know if this game will be played or not

tonight," said league president Mel Patton after the Granite City-Waterloo game. "If not, we'll play it Saturday morning, and the second game would mean the second game would likely not start at 3:30."

That 3:30 p.m. game was to have been next up for the Clippers (8-8), who were in danger of failing to defend their championship. Granite City needed to win twice on Saturday and twice on Sunday in order to capture their fourth title in five years.

Meanwhile, the Buds (21-3) moved into the winner's bracket in Saturday's scheduled game, and were the winner of the East Alton-Valmeyer affair.

"It's not over, that's all I can say," said Clippers player-coach Daren DePew, Waterloo manager Vern Moehrs agreed.

"There's a lot of baseball left to play, but we certainly put ourselves in a good position to win the title," he said.

The bitter rivals played it cool until the sixth inning, after Granite City starter Darin Hendrickson was knocked out of the game. Hendrickson and Buds first baseman Mike Wirth got

into a verbal battle, and after exchanges by both benches the teams cooled down.

It was the second consecutive poor outing for Hendrickson, who dominated the league all season. He didn't have great stuff most Saturday weeks, and the Buds seemed to have no trouble solving him Friday.

Waterloo amassed 12 hits on the evening, including home runs by Neil Fiala that clinched the victory in the sixth and knocked out Hendrickson.

The Clippers had eight hits on the night off Waterloo pitching, but only one extra-base hit — a clutch three-run homer by John Spotski in the fifth inning that tied the score at 5-5.

Starter Brian Matzenbacher had pitched into the fifth, but he was replaced by Cole Proffer after Matzenbacher had allowed hits to Jamie Hogan and Mike Wirth.

Spotski greeted Proffer with a shot that went just over the 320-foot mark in right field.

But with new life, the Clippers couldn't hold the Buds in check.

Waterloo scored three times in the fifth, with Clay Moehrs providing a big one-out double to chase home a pair of runs. Then Fiala connected in the sixth to seal the win.

The Buds got to Hendrickson initially in the second inning, but they plated five runs on five hits.

Jim Anderson stroked a two-run double, then John Baxmeier drove home a pair with a single into the left-center field gap.

Fiala, who had three hits on the night, followed with an RBI single.

John Hogan was the Clippers' leading hitter with three hits, and he was a big part of the Clippers' comeback in the third inning.

Jeff Stephens singled, and went to third on a beautifully executed hit-and-run play with Hogan driving the ball past the vacated second-base position.

Stephens then scored on a wild pitch by Hogan, winning all the way to third.

When Wirth tried to gun Hogan out at third, he threw wildly, and Hogan scored to make it 5-2.

"We're down, but we're not out," DePew said.

Sports shorts

GCSC teams forming
Open registration is now being held for both boys and girls 12 and older who want to join the Granite City Soccer Club. The cost to register is \$30 per child.

For more information, or to register, call 876-9000.

Shanahan Classic
Members of the St. Louis Blues will take on the Blues in the fifth annual St. Louis University/Broadway Shanahan Classic, a charity softball game to be held 3 p.m. Monday, Sept. 2 at the Billiken Sports Complex.

The game, which will benefit

Alzheimer's disease research, is sponsored by the division of geriatric psychiatry at the St. Louis University School of Medicine. Blues forward Tony Twist will serve as honorary chairman.

Tickets are \$11.25 for adults and \$6 for children age 12 and under. Available items will be refreshments, autograph signings, an auction and a raffle.

For more information or to purchase tickets, call Dialix at (314) 968-1800. To inquire about serving as a volunteer, call (314) 577-3014.

Ladies' senior softball
A local women's senior softball team is looking for women

age 50 and over who are interested in playing in the Illinois Senior Olympics in September in Illinois. The team is looking for players interested in playing an exhibition game Oct. 5 as part of the Granite City Centennial Celebration.

Interested players are asked to call Eric Horn at 797-0582 or Betty Arbeiter at 876-9121 as soon as possible.

Coolidge football

The first football practice for seventh- and eighth-graders at Coolidge Middle School will be held at 7:30 a.m. Monday, Aug. 26. Athletes must bring a copy of a physical, proof of residence and a completed parent permission form to the first practice.

Running shoes, shirt and shorts must be provided for the first day of practice. Parent permission forms will be available after Aug. 19 in the main office at Coolidge.

Middle School volleyball
Coolidge and Grigsby Middle School volleyball practice will begin 9 a.m. Tuesday, Aug. 27 at the two schools. Athletes interested in playing must have a current physical and a signed parent permission form before they can practice.

Practices will be held from 9 a.m. to noon Aug. 27-29. Practice will begin at 2:30 p.m. Pri-

day, Aug. 30. Parent permission forms and other information may be obtained at the school office. Coaches for the year are Michelle Zukas and Cheri Petriello, and the Grigsby coaches are Connie King and Judy Collins.

Flag football league

The fifth annual Belleville Flag Football League is now forming. Competitive and recreation leagues will be held, with prizes and paid berths to the National Championships awarded in both leagues.

Play will begin in September in Belleville. Space is limited and the leagues are forming quickly.

For more information, call 277-4090.

Flag football program

The Granite City Park District is organizing a Flag Football Program. The league will play on Monday nights and Saturday nights at George Sykes Field in Granite Park.

The league is for boys in grades 3-6. Registration is being taken at the Wilson Park office. For more information call 542-5222 for district residents and \$30 for non-residents. Helmets and shoulder pads are furnished by the Park District. For more information, call the park office at 877-3059.

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9309A	'94 Ford Truck	XLT	Ranger	Maroon	51,195	17	\$9,995	\$8,800
8941A	'94 Ford Truck	F150	Pickup	Green	46,786	273	\$16,995	\$12,500
858A	'94 Dodge Truck	D150	Dubots	Red	44,883	3	\$16,900	\$12,500
628A	'94 Olds Truck	Work Truck	C1500	Blue	48,815	66	\$10,995	\$9,900
654A	'94 Chevy Truck	Work Truck	C1500	Blue	23,648	13	\$11,995	\$10,800
9225A	'94 Chevy Truck	S10	4x4	Teal	37,237	51	\$9,995	\$8,800
410A	'94 Chevy Truck	S10 Blazer	4x4 Tahoe	Green	33,635	40	\$10,995	\$17,750
795A	'94 Chevy Truck	K1500	Ext. Cab	Red	24,589	26	\$21,995	\$20,700
285A	'94 Chevy Truck	C1500	W/T 1/2 Ton	Red	64,502	121	\$11,995	\$10,700
316A	'94 Chevy Truck	C1500	Pickup	Blue	33,090	133	\$16,495	\$15,265
569A	'94 Chevy Truck	C1500	Truck	Teal	35,000	103	\$10,995	\$9,900
784A	'94 Chevy Truck	C1500	SL Reg Cab	Lt. Blue	46,858	10	\$14,995	\$13,800
709A	'93 GMC	C1500	Caravan	White	67,608	63	\$11,995	\$10,700
850B	'93 Dodge Truck	Caravan	Ext. Cab	Blue/Silver	64,525	3	\$9,995	\$8,900
782A	'93 Chevy Truck	C1500	Ext. Cab	Blue/Silver	39,388	26	\$17,495	\$16,400
554A	'92 GMC	Jimmy	2-dr. ST	Blue	45,000	26	\$14,995	\$13,493
551A	'92 Ford Truck	Aerostar	XL Van	Red	70,565	35	\$6,995	\$5,995
809B	'92 Chevy Truck	S10	Ext. Cab 4x4	Gray	93,805	21	\$9,995	\$8,975
854A	'92 Chevy Truck	S10 Tahoe	Blazer 4 dr.	Maroon	52,417	7	\$6,495	\$7,395
247A	'91 Chevy Truck	F150 Club C	Long Bed	Black/Red	111,931	24	\$9,995	\$8,350
733A	'90 Ford Truck	Ranger	Conversion Van	Brown	106,330	31	\$9,995	\$8,300
641A	'90 Chevy Truck	Silverado	4x4 Longbed	Blue/Silver	73,385	64	\$2,995	\$11,750
9410A	'89 Ford Truck	Aerostar	F150 Ext. Cab	Gray	65,000	80	\$6,995	\$5,500
106A	'87 Ford Truck	PU	S10	Gray/Silver	70,024	0	\$6,995	\$5,800
609B	'86 Chevy Truck	Blazer	Blazer 4 dr.	Red	138,266	51	\$5,995	\$4,500
659A	'85 Ford Truck	F150 Club C	Long Bed	Beige	88,471	75	\$4,995	\$3,600
431C	'84 Chevy Truck	G20	Conversion Van	Gray/Silver	79,854	35	\$5,595	\$4,300
376D	'81 Chevy Truck	K10	4x4	Maroon	54,096	13	\$9,495	\$2,800
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Racquet club presents junior tennis program

Kings Point Racquet Club in Belleville has announced its junior tennis program schedule for 1996-97. It features four levels of play:

Little star players (ages 4-9): classes will be one hour once a week. Children will have an introduction to tennis with fun and games, will concentrate on hand-eye coordination, how to handle a racket and the basic tennis strokes. The cost is \$56 for seven weeks and \$96 for 12 weeks.

Junior development players (ages 9-13): students will meet once a week for 1 1/2 hours. They will work on full-court stroke mechanics and serve with concentration on half-court strokes and volleys.

Players in the junior elite (ages 13-18): students will be trained to play tennis, and learn to keep score. This will entitle them to have a tournament on Saturday for 12 weeks.

Junior championship players (ages 13-18): students will meet once a week for 1 1/2 hours. Emphasis will be on ground strokes and volleys with control and consistency, short and deep volleys and serves with control. Players will learn basic fundamentals of lobs, drop shots, approach

shots and overheads. Baseline doubles strategy will be covered. The cost is \$94 for seven weeks and \$154 for 12 weeks.

Junior elite (tournaments): will be a total of 12 hours. Students will be trained to use topspin and slice ground strokes and consistency in serve. Special attention will be given to volleys, approach shots and overheads with regard to match play, as we as perfecting lobs and drop shots.

Junior development players (ages 9-13): students will meet once a week for 1 1/2 hours. They will work on full-court stroke mechanics and serve with concentration on half-court strokes and volleys.

Players in the junior elite and junior championship level are eligible for a players pass. This will entitle them to have a tournament on Saturday for 12 weeks.

Junior championship players (ages 13-18): students will meet once a week for 1 1/2 hours. Emphasis will be on ground strokes and volleys with control and consistency, short and deep volleys and serves with control. Players will learn basic fundamentals of lobs, drop shots, approach

Broadcasters reunite

Two former Belleville sports broadcasters have reunited to bring back radio coverage of local sporting events in the Metro East.

Dave Bollone and Joe May will team up to initially provide coverage of high school football, as well as the inaugural season of McKendree College football. May will serve as studio anchor and report all high school and college games, while Bollone will be the play-by-play announcer of a schedule of games to be carried live on Illinois' own 880 AM, WINU as the McKendree Bearcats.

The season will begin the weekend of Aug. 30, at Fenton night game, at Belleville West, and a Saturday night game at Illinois State University in Normal, featuring Belleville East against Moline.

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SPORTS

•Rules

(Continued from Page 1B)

Among eight rules changes approved the federation was canceling free throws when double technical fouls or simultaneous personal fouls were committed. The changes were voted on by the Basketball Rules Committee at the annual meeting in Kansas City, Mo., in March.

Beginning with the 1996-97 season, when a double technical or a simultaneous technical foul by opponents occurs, no free throw are awarded, and the team with an alternating possession throw-in at the division line.

"The committee made this

change in an effort to reduce free throw attempts and to make the rules similar to the previous rule on double personal fouls," said Rick Wulkow, chairman of the Basketball Rules Committee. "It will be easier for officials because in all cases the penalties would simply wipe out and go to alternating possession, and they would not shoot the free throw."

In an effort to provide specific coverage for the warning and penalty, the rules were revised to stipulate that a team shall receive one official warning for delay for interfering with the ball after a goal is

scored; and that a technical foul will be charged to a team if it does it again after a warning.

This situation in which a player from the opposing team will grab or bat the ball has been in the game for a long time, Wulkow said. "Prior to this time, officials have been giving a warning, but the rules had not been specific to making it an official warning for

"Now we have an official warning, and it will result in a technical foul. Each team is allowed one warning per game for this specific delay."

With the infiield drawn in, Jamie Hogan grounded to Rippelmeyer at short. Rippelmeyer fired to McCarthy, who withstood a wild collision with Tim Hogan, and retired the Clippers' leadoff man for the second out of the inning.

Vogt then induced John Morris to ground into Granite City's season and its attempt for a second consecutive Mon-Clair title.

"Our pitching has been a big plus," Pieper said. "The pitching has done an excellent job. It has really kept us in the game, and everyone has done well."

The Lakers have also made a drastic improvement defensively.

pitchers to the mound all weekend. Included in the stretch was complete-game performance by Mike Vogt against Granite City.

"Our pitching has been a big plus," Pieper said. "The pitching has done an excellent job. It has really kept us in the game, and everyone has done well."

The Lakers have also made a drastic improvement defensively.

ONE AREA THAT concerned Pieper heading into the weekend was pitching depth. He had to use six pitchers in a 21-17 over Miller on Aug. 10. But Pieper only rushed five

•Granite

(Continued from Page 1B)

City is a big rival. They have some guys that talk a lot during the game. If the homer was against anyone else, it would not have been as big of a deal."

Rippelmeyer also made a defensive gem in the eighth. Starter and winner Mike Vogt pulled off a leaping hit by Tim Hogan, off Sophie, sacrificed Hogan to second, and Hogan promptly swiped third.

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The Lakers have also made a drastic improvement defensively.

"Mike struggled early," Valmeyer manager Dennis Pieper said. "He gave up two hits in the first and four in the fourth. But after that, he settled down. He walked and hit a couple. But he was able to throw ground balls."

In addition to Rippelmeyer's eighth-inning play, Floarke saved a run in the fifth.

With a man at third and two out, Granite City player-manager Darren Deew hit a grounder that headed into center field.

But Floarke ranged far to his left, and from the outfield grass, he retired Deew at first, keeping the score 4-3.

"That was an outstanding play," Pieper said.

•Haefner

(Continued from Page 1B)

to do well in the Southwestern Conference."

Haefner has helped himself in the teaching phase by selecting Paul Greeves, the Grizzly Junior High coach, as his cross country assistant. Both men are active distance runners; Greeves even runs an occasional marathon. Haefner competed this year in the St. Louis Memorial Day 10K Run.

Haefner is a St. Louis native and resident, and a former captain of the cross country team at Bishop Du Bour High School, where he graduated in 1967. He later ran for one year at Harris-Stowe Teachers College. He has been an elementary school teacher in District 9 since 1988.

"I enjoyed working with Dave McClain, who is a personal friend," Haefner said. "So I never had any aspirations of leaving Granite City to coach elsewhere. I enjoy working with student athletes and cross country for me is fun. This is my opportunity now to be more of an influence on these kids. I want them to be good athletes, but also good students and citizens. Those are the three areas we're building the program around."

•Rain

(Continued from Page 1B)

NOTES: If Waterloo and Valmeyer do indeed meet Thursday night, it will make for an all-Monroe County championship game.

Waterloo took three of four games from the Lakers in a weekend series earlier this season. But Valmeyer could have easily drawn a split.

The Lakers dropped two of the first three contests, but were just three outs from winning the fourth. Valmeyer carried an 11-10 lead into the seventh inning before the Buds pushed across two for a 12-11 victory.

"I feel our team is as good as anybody," Pieper said. "We are very comparative with the four teams that were in the final four. And we're very competitive."

ONE AREA THAT concerned Pieper heading into the weekend was pitching depth. He had to use six pitchers in a 21-17 over Miller on Aug. 10. But Pieper only rushed five

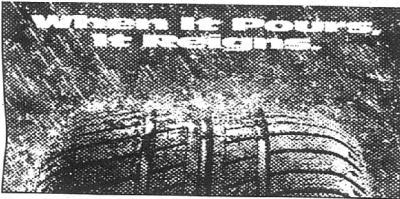
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P215/65R15	RWBL	95

P185/75SR14	WW	\$73
P185/70SR14	WW	64
P195/75SR14	WW	76
P195/70SR14	BLK	67
P205/75SR14	WW	79
P205/75SR14	RWBL	84
P205/75SR15	BLK	55
P205/75SR15	RWBL	73

P205/70SR15	WW	\$83
P215/70SR15	RWBL	90
P215/70SR15	RWBL	85
P225/75SR15	RWBL	94
P235/70SR15	RWBL	92
P235/75SR15	RWBL	88
P235/75SR15	RWBL	89

P185/75SR15	WW	\$83
P195/75R15	WW	85
P195/75R15	WW	85
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Tired of throwing your weight around?

American Heart Association
Fighting Heart Disease and Stroke

Exercise.

BEMIS CHIROPRACTIC CENTER
DR. GERALD H. BEMIS DR. STEPHANIE M. BUHS
OFFERING A 50% NEW PATIENT DISCOUNT through 8/31/96
(Approximate \$50 VALUE)

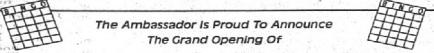
SEVEN POINT SPINAL EVALUATION

- RADILOGIC X-RAY EXAMINATION
- NEUROLOGIC EXAMINATIONS
- ELECTRONIC SPINAL RANGE OF MOTION SCREENING
- STATIC PALPATION • MOTION PALPATION
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MOST OTHER INSURANCES ACCEPTED

Present this coupon

3361 FEHLING ROAD SUITE #7
GRANITE CITY, IL 876-2273 (CARE)



The Ambassador is Proud To Announce
The Grand Opening Of

\$7.00 BOOK BINGO Games

The Ambassador is currently seeking organizations to
operate bingo on Wednesday or Sunday evenings.

The Moolah Shriners
are sponsoring games
every Thursday
evening at 9:00 pm.
Doors open at 9:00 pm.

St. Thomas Aquinas
Mercy is sponsoring
games every Sunday
afternoon at 1:00 pm.
Doors open at 10:00 am.

For more information on Ambassador
bingo and bingo night reservations, please
call 314-376-5760.
We are the people who care.

414 Nortland Shopping Center
(In the newly renovated Nortland
Shopping Center) (314) 389-6767.

Bring this ad with you and receive a lunch for
only \$99 cents. Expires Sept. 30, 1996.



DEPRESSED?

If you or someone you care about is experiencing signs or symptoms of depression, you may need professional services. Memorial's Mental Health and Counseling Services provides comprehensive outpatient services that can offer help.

Signs and Symptoms of Depression

- Change in sleeping patterns
- Loss of interest/fatigue
- Change in appetite
- Feeling of helplessness
- Inability to concentrate
- Thoughts of death or suicide



**MEMORIAL'S MENTAL HEALTH
AND COUNSELING SERVICES**
4500 Memorial Drive • Belleville, Illinois 62226

Memorial's Mental Health and Counseling Services also offers comprehensive outpatient services for:

- Stress
- Anxiety/Panic Disorders
- Chemical Dependency
- Family Therapy and Marriage Counseling
- Flexible treatment programs
- Free confidential appraisal
- Information line available 24 hours a day at 233-6700

4500 Memorial Drive • Belleville, Illinois 62226

"Weight" A Minute

**Memorial's Project Trim can help
you re-think your eating habits.**

Program:

"Project Trim" is an eight-week weight loss program developed by the St. Louis Dietetic Association. This program is based on behavior modification with a specific plan and goal for each participant. An exercise program also is available.

Date and Time:

Class begins Thursday,
September 5, 1996
6:30 to 8 p.m.

Cost:

\$50.00 class only
\$80.00 with exercise component
* The exercise program includes a
TWO-MONTH MEMBERSHIP TO
BELLEVILLE HEALTH AND SPORTS
CENTER. An introductory class will
be held.

Place:

"Project Trim" is held in Memorial Hospital's auditorium.

The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville

Information:

Class size is limited. To register, call
Memorial's Community Relations
Department at (618) 257-5649.



**MEMORIAL
HOSPITAL**
4500 Memorial Drive
Belleville, Illinois 62226



At left, Jan Zuke, Granite City Campus librarian and sponsor of the campus chapter of Phi Theta Kappa, pays tribute to the honor society officers: from left, Secretary Carolyn Ryterski; Vice President Carrie Large; and President Linda Barnes, all of Granite City. Barnes was honored for Outstanding Student Leadership and accepted into Who's Who Among Students in American Junior Colleges.



HONORS — Belleville Area College recently held its annual Student Recognition Ceremony at the Belleville Campus to honor students for their achievements. More than 150 students were honored for their academic, athletic or leadership abilities at the ceremony. Above, Diane Copeland, coordinator of Granite City Campus Activities, right, presents the awards to Outstanding Student Leadership at the Granite City Campus to Amy Hicks, left, and Linda Barnes, both of Granite City.

Need A New Kitchen?
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Call For A Free Kitchen Estimate
235-6200
43 Years of Quality at affordable Prices.

Schifferdecker
Kitchen • Baths • Interiors

747 E. Main • Belleville

Hey, kids! Send us your...

Telegaram to Ozzie

MUST BE RECEIVED BY SEPTEMBER 6!

On Sunday, September 29, the St. Louis Cardinals and the Suburban Journals will honor Ozzie Smith with a special tribute from the kids of St. Louis.

If you have a child between the ages of 5 and 18, here's your chance to let Ozzie know how much he means to you. Send him your message in this special Journal telegram.

Please send my telegram to Ozzie.

Name: _____ Age: _____

Ozzie,

Remember, you must be between the ages of 5 and 18 to send a telegram to Ozzie Smith, and your telegram must be received by Friday, September 6, 1996.

Also, please note that messages will be published on a space available basis only.

COMMUNITY NEWS

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2001.

This calendar runs in every Wednesday's Journal.

Wednesday, Aug. 21

BPW (Business and Professional Women) meeting at 6:30 p.m. at the United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1890.

8 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's North Park Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Divorce/Separated Ministry, 7-8:30 p.m., 2116 Club, United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1890.

Thursday, Aug. 22

Church Women United will meet at 10 a.m. at the Holy Family Community Center.

Parents Without Partners of Madison County, 7:30 a.m., United Methodist Church, 1900 Pontoon Road, Granite City. For more information, call 451-0157.

Singles Connection, 6:30 p.m., for volleyball at Center Grove Park, Edwardsville. Call Sandy at 344-1393 for more information.

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Bemis Chiropractor, 3361 Feihling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to

noon. Call 876-2273 for more information.

Chouteau Township Seniors, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Eagle Park Acres Seniors meet at 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m., Granite City, 2116 Edison, 1 (800) 307-6600.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2428.

Narcotics Anonymous, Seeking Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Granite City Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Singles Connection, 6:30 p.m., for volleyball at Center Grove Park, Edwardsville. Call Sandy at 344-1393 for more information.

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Bemis Chiropractor, 3361 Feihling Road in Granite City, is offering free electronic spinal screenings from 9 a.m. to

Singles Connection, 7 p.m., Michael's on Highland. Call Margie at 288-9748 for more information.

Al-Anon meets at 8 p.m. in the Miloski Room in the basement of St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harbor Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Stability) is a support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center, 798-3604.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m., Granite City, 2116 Edison, 1 (800) 307-6600.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2428.

Narcotics Anonymous, Seeking Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 10 a.m. to 1 p.m. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Pet Day, noon to 4 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

MUSIC (Midwestern United States Imperial Club) will hold its regular meeting at 6 p.m. at the American Legion Hall in Collinsville. Call 463-2429 for more information.

Singles Connection, dinner at Rizzoli's on the Hill. Call 463-2429 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., Wellness Center, 2103 Iowa, 463-2428.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Eagles Auxiliary 112 Bingo, 1 p.m. at the Nameoki Bingo Center. Also information will be on color raffle, 50/50 drawing free games and other raffles.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Singles Connection, winery to be in the basement. Meet at noon at Collinsville Kmart. Call Doris at 877-4506 for more information.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, 798-3604.

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Briefly

School supply

giveaway set
A "back to school" supply giveaway will be held from 9 a.m. to noon and 1 to 4 p.m. Thursday and Friday, Aug. 22 and 23, at the Salvation Army, 2116 Club, Granite City, Ill.

3007 East 23rd St. in Granite City.

Those participating must bring proof of children by either bringing a report card or proof of age. (Medical assistance card with children

listed will be sufficient.)

School supplies are for children kindergarten through sixth grade for the southwest Madison County areas while supplies last.

Scramble on course

for Sept. 14

Eden Village on Sept. 14 will host its annual four-person benefit golf scramble at Legacy Golf Course, Granite City.

This year's event will be a

shotgun start with play beginning at 8 a.m. The cost per golfer will be \$60, which will cover 18 holes of golf, cart and beverages. Rolls and coffee will be served at check-in, and a noon meal will be served to complete the

day's activities. Prizes will be given out in three flights. Golfers also will be eligible for door prizes.

For information, call Dorothy Norfleet at 288-5014, extension 327.

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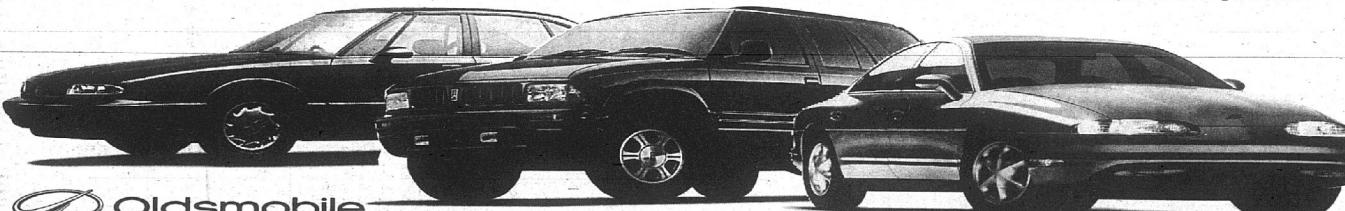
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SENIOR NEWS

Underactive thyroid gland could cause sluggish, tired feeling

Older people who start feeling sluggish and unduly tired shouldn't assume that the slowdown is a normal part of aging. The cause could be an underactive thyroid gland, which can affect people as they grow older.

The symptoms of an underactive thyroid can include chronically cold hands or feet, puffiness in the face, increased elevated blood cholesterol and constipation. The severity of the symptoms increase if the thyroid deficiency is left untreated. In some cases, the thyroid can become enlarged, causing goiter.

The condition is more common in women than men, and some authorities recommend that everyone should be screened for thyroid function at age 60 and after. But other physicians say that the benefit of screening is unproven, and Medicare doesn't cover thyroid screening tests.

Thyroid deficiency can be

diagnosed conclusively by measurements of blood levels of thyroid hormones. The treatment is daily doses of a synthetic thyroid hormone preparation, usually 50 micrograms. The symptoms begin to ease in just a few days. To be sure the dosage is right, the doctor will do thyroid hormone blood tests every few months. The synthetic hormone shouldn't be discontinued, because the symptoms will return.

One problem that many older people tend to overlook is shoulder trouble. Surveys have shown that perhaps one in every four older persons has reduced shoulder function, often accompanied by pain.

In a survey of the subject,

Mayo Clinic physicians say that almost half of those troubles are not related to the shoulder, because the loss of function occurs insidiously, over time. Yet it can be inconvenient and

even dangerous. Reduced shoulder function can make such everyday activities as dressing more difficult, can cause sleep disturbances and interfere with driving ability.

More than 70 percent of the time, the problem can be handled by nonsurgical methods such as physical exercise, therapy or anti-inflammatories. Physicians say, They recommend that every older person should have an annual assessment of shoulder function as part of the regular physical examination.

Research has added another good reason for keeping high blood pressure under control: Better brain function in later life.

The Honolulu-Asia Aging Study, looking at 3,700 Japanese Americans, found a direct relationship between brain function and blood pressure control. The higher the blood pressure in the middle years, the lower the level of brain function later in

life. The results of this study are consistent with the findings of the Framingham Study, a long-term project that has monitored more than 5,000 people.

High blood pressure could do its harm by damaging blood ves-

sels in the brain or changing the function of individual brain cells, the researchers say. Lowering too-high blood pressure, however, not only reduces the risk of cardiovascular disease but helps people think better later into life.

—Associated Press

55-Alive driving course slated

A 55-Alive mature driving course will be held from 8 a.m. to noon Monday, Sept. 23, and Tuesday, Sept. 24, at St. Elizabeth Medical Center in Granite City.

Persons age 50 and older may enroll. Participants who complete the two-part course may qualify for a discount on the liability portion of their automobile insurance.

The course and its instructor, Larry Loyd, are certified by the Illinois Department of Insurance at \$10 per person, payable to the American Association of Retired Persons on the first day of class. Registration on or before Sept. 17 is required.

St. Elizabeth Medical Center's senior program, Unity Advantage, sponsors the course. For more information or to register, call 708-3201.

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Old Newsboys Day has been a St. Louis tradition since 1957—and now you can be a part of it.

For 39 years, volunteers have taken to the streets to sell these special Old Newsboys Day editions.

Every penny raised is donated to children's charities in the St. Louis area. In fact, volunteers collected \$100,000 for over 250 charities last year alone, bringing the total to over \$5,000,000 since the Old Newsboys Day tradition began.

Now you and your school can join the ranks of numerous volunteers on Old Newsboys Day, Thursday, November 7th. You'll receive an Old Newsboys button and apron, as well as a bundle of valuable coupons just for helping out.

To sign up or for more information, please call our Old Newsboys Day Hotline at (314) 821-0211. It's that easy to take part in a great St. Louis tradition!

CALL (314) 821-0211 AND VOLUNTEER TODAY!

Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, Aug. 21
Hamburger, cole slaw, baked beans, bun, peach cobbler.

Thursday, Aug. 22
Ham and cheese on rye bread, apple juice, vegetable and potato salad, strawberry Jell-O.

Friday, Aug. 23
Chicken patty, parsley potatoes, three-bean salad, bun, fruit cocktail.

Monday, Aug. 26
Country fried steak, whipped potatoes, gravy, chopped spinach, wheat bread, banana pudding.

Tuesday, Aug. 27
Beef tips and noodles in mushroom sauce, tossed salad, green beans, wheat bread, peaches.

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Meetings

Butterfly Card Club

On July 25, the Butterfly Card Club met for lunch at the Honey Bee Restaurant in Belleville after which the group assembled at Juanita Rosenburg's home.

Following dessert, the afternoon was spent playing cards. Prizes were awarded. Rosenburg, Loraine McIlroy, guest Marge Hall, Irene Willis and Edith Ryan.

Also present were Catherine Hommer, Harriet Hoff and Hazel Rollins.

Ryan will host the August meeting.

Betaseron

Support Group

The Metro East Betaseron Support Group will meet from 7 to 9 p.m. Tuesday, Aug. 27, at St. Elizabeth's Medical Arts Building, fourth floor conference room, 180 S. Third St. in Belleville.

This is a support group of the National Multiple Sclerosis Society Gateway Chapter. Meetings are held on the fourth Tuesday of even-numbered months.

Learn about Betaseron medication therapy. Discuss side effects. Share coping tips. Talk about your MS experience. This is a new support group, not

replacing any other group.

Attendance is encouraged for all people who:

- ✓ have multiple sclerosis;
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For more information or to be included on the mailing list, call Diana Eberle at 631-4323, or write to: National Multiple Sclerosis Society, Gateway Area Chapter, 14 Sunnen Drive, Suite 143, Maplewood, MO, 63143. The number there is (314) 781-9020 or 1 (800) 628-1753.

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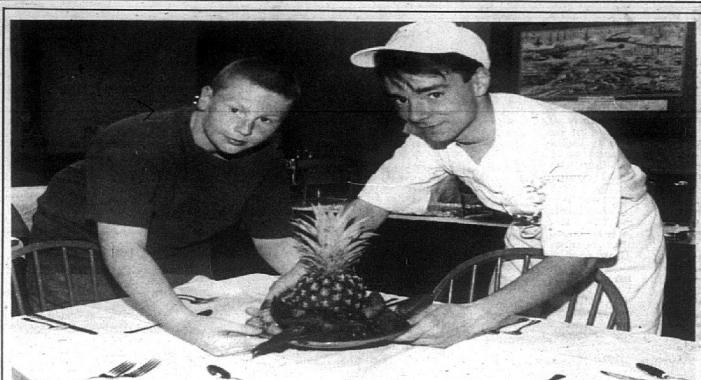
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Setting the table — Belleville Area College's Granite City campus, on April 25, held "Bring Your Child to BAC Day," a daylong series of activities for children and grandchildren of college employees. Pictured are Charles Doerge, left, helping Darrell Cearlock, a student in the college's hospitality and food service management program, arrange a luncheon centerpiece. Doerge is the son of Linda Doerge of Glen Carbon, a GCC public safety officer.

Births

Brianna Kimbro

Mark B. and Barbara M. Kimbro of Granite City have announced the birth of their second child, a daughter.

Brianna Jenkins was born at 3:54 p.m. July 27, 1996, at Barnes Hospital in St. Louis and weighed 5 pounds, 14 ounces.

Maternal grandparents are David and Gloria Lewis of Granite City. Paternal grandparents are David and Elaine Kimbro of Granite City.

Brianna joins Kristin Dawn Lewis.

Jessica Kibbons
Amanda Lockhart and Perry Kibbons of Hamel have announced the birth of their

first child, a daughter.

Jessica AnnMarie was born on July 23, 1996, at Anderson Hospital in Granite City.

Paternal grandparents are Charles and Carol Robbins of Glen Carbon.

Erica Mills
Marvin and Cindy Mills of Granite City have announced the birth of their first child, a daughter.

Erica Brooke was born on July 18, 1996, at Anderson Hospital and weighed 7 pounds, 4 ounces.

Paternal grandparents are

Allen and Gale Cantion of Granite City.

Paternal grandparents are Erva Browning of Granite City and Tim Mills of Ozark, Mo.

Antonia Fenoglio

Tammy and Michael Fenoglio of Granite City have announced the birth of their first child, a daughter.

Antonia Loren was born at 11:53 p.m. on July 18, 1996, at Anderson Hospital and weighed 8 pounds, 15 1/2 ounces.

Pansy Jones of Granite City is the maternal grandmother. Judy Fenoglio of Granite City is the paternal grandmother.

Zachary Eckols

Chris Eckols and Emily Hunsell of Collinsville have announced the birth of their second child, a son.

Zachary Steven was born at 12:45 p.m. on July 18, 1996, at Anderson Hospital and weighed 7 pounds, 4.5 ounces.

Dawn Hunsell of Mount Vernon is the maternal grandmother.

Patty Eckols of Herrin is the paternal grandmother.

Zachary joins Amber, 3.

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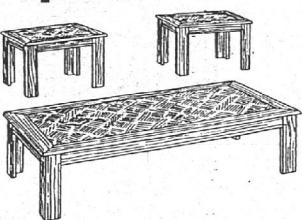


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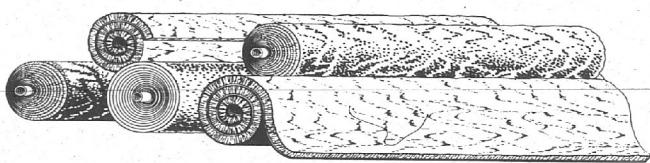
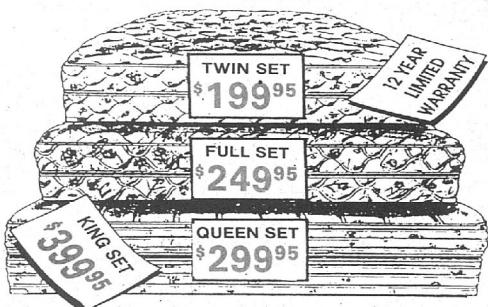
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Today's Food

Wednesday, August 21, 1996

Food & Nutrition

Wise Ways

Make early plan for school lunches that vary the everyday routine to prevent boredom.

INSIDE

Heart-y Bites

Color foods with flavor and contrasting hues to invite appetites out of the rut of the mundane.

INSIDE

Blue Ribbon Cook

Top-of-the-stove cobbler takes the cake -- and the prize for dinners in this week's Very Berry Recipe Contest.

INSIDE

Test Run

Taste buds wake up to wild whoop from new and imaginative potato chip flavors.

INSIDE

Micro Raves

Sandwiches get appreciable punch from a little extra attention in the microwave.

INSIDE

Kids' Cuisine

Get the kids involved in what they eat. Let them set up their own 'restaurant,' naming dishes and foods according to what they consider humorous or appropriate.

Health & Fitness

Medicine Chest

Fruits and vegetables cast another vote for good health, this time for improved heart health.

INSIDE

Fresh Picks

The more the merrier when it comes to summer vegetables. If grilling is too much of an adventure, just roast them in the oven. Cut 2 yellow squash, 2 zucchini and 2 red and 2 yellow bell peppers in 2-by-1/2-inch strips. Slice 2 carrots and 1 red onion. Quarter 8 ounces mushrooms. In roasting pan or 13-by-9-inch baking dish, toss prepared vegetables with 1/4 cup olive oil. Grate fresh pepper on top. Roast, stirring occasionally, in preheated 400° oven about 20 minutes until tender-crisp. Makes 4 servings.

Big Fat Tip

Fruit yogurt makes a delicious substitute for sour cream and still adds calcium. It becomes thinner when it is mixed with other ingredients, so always fold it in gently, rather than stirring or beating it. Its flavorful tang is enhanced with a touch of lemon, plus a pinch of brown sugar, when using it with fresh fruit. For a quick dessert, combine 1 carton (6 ounces) custard-style berry yogurt, 1/2 teaspoon grated lemon peel, and 3/4 to 1 teaspoon finely chopped crystallized ginger or brown sugar with at least 1 cup fresh fruit, such as blueberries and sliced nectarines.

Future Shop

Looking for a dieting pal? Check the supermarket lanes with slim foods on Sunday or Monday. Those are the days of the week people are most likely to start a diet.



From barley to wheat berries, grains form a foundation for healthy eating. Naturally low in fat, they mix with vegetables, fruits and other foods to make a variety of great-tasting meals. Meals like these can be mixed and matched from ideas in the chart. At the top left, a bowl of pasta with a green pesto sauce, red peppers, water chestnuts, snow peas, mushrooms and green onions; cilantro is the green garnish and wonton flour tortilla is served on the side. On a bed of leafy greens is chilled bulgur, diced tomato, balsamic vinegar and oil dressing, green onion, oregano and basil. The bottom dish contains bow-tie pasta, pine nuts, sun-dried tomato, grilled chicken, yellow and red peppers and pesto sauce, with aromatic fresh basil perched on top.

GROWING GRAINS

By Janice Denham
Staff writer

Foods like pasta, bread, tortillas, rice and bagels are becoming in-grained in American lives and centered on dinner plates.

Seemingly exotic ingredients now are turning mainstream. Their trendiness hides their background of tradition, because they have been eaten in other cultures for centuries.

Cuisines of the world have put them on American doorsteps. Once the various forms of "pasta" grab the attention of "noodle" lovers, the grain bin is open.

Here are a few grains filling it:

Barley: A favorite of ancient Egyptians, Romans and Greeks, it is best known in soups, but makes an excellent side dish hot

LIVELY TASTE

with vegetables or chilled in salads. Pearl barley is barley without its tough husk. Cook 1 cup barley to 2-1/2 cups liquid.

Bulgur: This pre-cooked, cracked version of whole wheat makes salads and pilafs sing with new texture and grain flavor. It is a main ingredient in tabbouleh, a Middle Eastern salad with parsley, tomato, scallion, mint, olive oil and lemon juice. Follow package directions to prepare it, allowing the prescribed time to "set" before serving. Grain-to-liquid

SEE GRAINS, INSIDE TODAY'S FOOD PAGE 2

PASTA (any shape, cooked)	COUSCOUS (cooked)	PITA BREAD (cut in half for pockets)	TORTILLA
Black beans & tomato salsa	Toss together. Serve warm.	Toss with chopped fresh tomatoes. Serve warm.	Stuff with red leaf lettuce, chopped tomatoes, low-fat cheddar or mozzarella cheese.
Grilled chicken breast, cut in strips	Toss with fresh parsley, yellow bell peppers, sun-dried tomatoes and pesto sauce.	Toss with red peppers, garlic and, if desired, hot peppers.	Stuff with lettuce, tomato, grilled onion and low-fat ranch dressing.
Reduced-fat turkey sausage, cooked	Toss with olive oil and freshly grated parmesan cheese.	Toss with raisins and sauteed garlic. Serve warm.	Stuff with sauteed fruit and chopped red pepper. Melt a little Swiss cheese on top.
Roasted bell pepper	Toss with toasted pine nuts, snow peas and freshly grated parmesan cheese.	Add Italian salad dressing and chopped carrot and cucumber. Serve cold.	Stuff with chopped celery, radish and lettuce. Drizzle with fat-free French salad dressing.
Spinach or other leafy greens, cooked	Toss with low-fat mozzarella cheese, chopped tomato, yellow pepper and garlic. Serve cold.	Add red onion, tomatoes and red wine vinegar dressing.	Stuff with spinach, olives, tomato and feta cheese. Serve warm.

Today's Food

Test Run



New flavors set a wild pace for some testers used to potato chips tasting like salt and oil.

Testers chip shots on new courses set for fans of flavor

Potato chip purists found a Super Bowl of flavor when they tested four new flavors of chips. As new versions of present lines, they are priced the same.

Olde English salt and vinegar and Taste of Italy parmesan and garlic chips were chosen to represent the flavor line of Poore Brothers. Another salt and vinegar chip, this time from Lay's, was on the testing table. So was the honey and mustard flavor of Gry's Crunchners! potato

Reactions were as numerous as pieces of a broken chip. Some were ecstatic, while others wanted to grind — sometimes the same — chips into the rug. The salt and vinegar varieties drew definite responses — both good and bad. The Lay's brand is much milder than the Poore brand. Some testers did not like either one, but more people had a lot to say about the difference in taste.

"The Poore's salt and vinegar was very, very vinegary. I had a hard time eating one, but the Lay's salt and vinegar was more edible," a taster said. "Another echoed the sentiment.

"Lay's salt and vinegar were better than I thought they'd be. The vinegar flavor is kind of appealing. They have good crunch, they are lighter than the others, but still very crispy and crunchy. On the other hand, the Poore Brothers salt and vinegar chips were so full of vinegar I couldn't eat them," she said.

Then came opposite comments.

"The vinegar chips are glorious (in the Poore's brand). The salt and vinegar taste is pungent, powerful and peppery," a taster said — with two exclamation points.

Another was converted gradually.

POPPY SEED FRUIT SALAD

Toss 4 cups mixed, chopped fresh fruit with mixture of 3 tablespoons oil, 2

"The Poore's Old English vinegar and salt chips have a very, very strong vinegar taste. The first one brought a tear to my eye. They seem thicker. These are all negatives, but they became addictive. Others soon paled by comparison," he said.

One taster, who seldom eats potato chips, also found the strong vinegar flavor an enhancement. "If I'm going to eat chips, I want to taste something besides oil," she said. The thickness of the Poore's chip keeps the flavor coming, while the Lay's flavor turns to oil too quickly."

The parmesan and garlic chips were a hit across the board, often chosen as favorite of the test lot.

A taster said, "The garlic parmesan is real nice, a delicate cheese flavor, with a little garlic bite. They have good crunch and are a 'heavily' chip, which I like."

One fan would buy them.

"I thought the parmesan garlic were noticeably the best," he said. "The flavor was good, but not too strong," he said.

Two tasters found their flavor resembling a ranch dressing or dip.

The honey-mustard chips were noted for their mustard flavor, as well as mild flavor, by most testers.

"The Kruncher honey mustard was a hefty chip, with lots of crunch. I like the honey mustard flavor, which was milder than I imagined. I love sweets, so this was a good combo," a taster said.

One had tried them at a pool party.

"The honey mustard Krunchers were a big hit at the pool last week with the adults. Kids still liked the barbecue (flavor) best," he said.

While not a set rule, thicker chips generally have fewer grams fat.

.....

2 tablespoons lemon juice, 2 tablespoons honey, 1/2 teaspoon poppy seed, 1/4 teaspoon ginger and 1/4 teaspoon dry mustard. Chill.

Grains

Continued from page 1C. ratio is 1-to-4.

Couscous: Pronounced "COOS-koos," this north African grain comes from the same durum wheat as well-known pasta. It is a versatile base for salad, pilaf, vegetable or meat dishes. It comes precooked

and steamed, so cooks almost instantly and requires only a small proportion of liquid to come ready to the table.

Quinoa: Pronounced "QUEEN-wah," this comes from the Inca civilization. It is a nutritional powerhouse. It takes a short time

Wise Ways

By CAROL SCHLITT

Tune in to spirited debate to decide lunch box's fate

Presidential candidates do not know the meaning of a true debate. With school around the corner, the annual arguments over lunch, bought or carried out, will be presented and countered to those gathered in the kitchen.

While a national survey revealed children who buy a hot lunch at school generally have a more nutritious lunch than children who take their lunch, many children, like my 12-year-old son, overrule discussion by insisting on a packed lunch.

At first, he will be excited to prepare his lunch, but the excitement wears thin as the action year progresses. Trying to think of a different sandwich or lunch idea each morning, then making it, can tax even the wisest, most earnest parent and child. Unfortunately, monotony often sets in.

To end this monotony, I intend to try a new course of action. I am going to start freezing a variety of prepared sandwiches and fillings. Not only does this save time in the hectic morning hours, but will help keep other perishable foods safe and cold until lunchtime in a desk or locker.

Amazingly, most kinds of sandwiches, properly pack-

aged, freeze well. Some fillings fare better than others. Simple sandwiches — like those with cheese spread, sliced or chopped poultry and beef, fish, cold butter and pesto — freeze well. Extra ingredients can be packed on the side to be added at lunchtime.

On the other hand, freezing raw vegetables — including, lettuce, celery, radish and tomato — results in a soggy, appetizing mess. Jelly, mayonnaise and salad dressing soak into bread, resulting in a soggy sandwich.

Because my son likes peanut butter, I've searched for variations that pack more fiber with less fat. Here are a few:

• Mix peanut butter and applesauce with a dash of cinnamon. Raisins and wheat germ also can be added.

• Make a spread by mixing peanut butter with drained, crushed pineapple and shredded carrot.

• Add dried fruit — like raisins or chopped figs, apricots, prunes or dates — to peanut butter with a little juice.

• Combine peanut butter with banana or apple chunks. Cut the fruit in small pieces if freezing in sandwiches.

Here is a sandwich that is a great way to use leftovers and can be concocted in a minute in the morning.

The slaw adds both moisture and flavor.

Certified family and consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension Center.

Blue Ribbon Cook

Dough dimples juice from fresh berries

Rebecca DeForest, Belleville, is winner of this week's recipe contest for Blueberry Dumplings. The prize is dinner certificates at the Pasta House Co.

This easy mixture is made on top of the stove. Just simmer the fruit — it may take a few minutes longer if using frozen berries or other fruit — and drop small mounds of dough on top. Cover the pan and cook 10 minutes. Serve the dumplings straight from the pan after they cool slightly. A scoop of vanilla ice cream on top gives it contrasting flavor, creaminess and color.

Recipes in the Quick-Quick Dessert Recipe Contest should be postmarked Aug. 31 for consideration as winner each Wednesday in September.

Send in a recipe that makes dessert in an instant — or close to it. The fewer number of ingredients, the better in this contest. Shortcuts, like using cake or muffin mix, are welcome.

Send one recipe per household to: Quick-Quick Dessert Recipe Contest, Suburban Journal, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the envelope. Name the *Journal* you received.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

BLUEBERRY DUMPLINGS

2 1/2 cups fresh blueberries
1 1/2 cups plus 2 tbsp. sugar
1 cup water
1 tbsp. lemon juice
1 cup flour
2 tsp. baking powder
1/2 tsp. salt
1 tbsp. margarine
1/2 cup milk

In large heavy pan, heat blueberries, 1/4 cup sugar, water and pinch of salt. Cover. Simmer 5 minutes. Stir in lemon juice.

In bowl, sift together flour, baking powder, 1/4 teaspoon salt and 2 tablespoons sugar. Cut in margarine. Add milk. Mix only until ingredients are just moistened.

Drop by teaspoonful into simmering blueberry mixture. Cover tightly. Simmer over low heat 10 minutes.

Serve from pan. Top with scoop of vanilla ice cream.

Heart-y Bites

By TERRI EDELSTEIN

Hues from the rainbow color dinner flavors

made it sing.

Consider spiciness. Unless you and your dining companions are used to hot pepper, now or garlic and anchovies, it may be better to work the palate in pastels, rather than psychedelic tones. To do this, balance such ingredients with milder ones. For instance, a spicy gazpacho or enchilada is tempered by a cool dollop of yogurt or fat-free sour cream.

Textures also should vary. Only babies and people dentally challenged appreciate a meal of torn-up soft pea soup and chocolate pudding. A few crackers with the soup, fresh tomato wedges and a low-fat brownie create a perkier lunch.

Our meal closed with dessert. A slice of rich pie filling heated with a splash of orange liqueur made a luscious, colorful topping for the — you guessed it — white angel food cake.

Registered dietitian Terri Edelstein is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

HOT WHITE BEAN SALAD

In saucepan over medium heat, heat 1 tablespoon margarine. Cook 2 shallots, chopped, and 1 clove garlic, crushed, 2 minutes. Add 1 can (15 ounces) navy beans,

drained and rinsed, and 1 tablespoon chopped, and 1/4 teaspoon pepper. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook and stir over low heat, stirring occasionally. Transfer to bowl.

In second bowl, mix together 2 tablespoons white

vine vinegar and 1 teaspoon Dijon mustard. Whisk 3 tablespoons olive oil into mixture. Pour over beans. Mix and serve.

Makes 4 servings; 252 calo-

ries, 8 g protein, 13 g fat, 165 mg sodium and 3.3 g fiber each.

ers.

As for preparing them, most can be cooked separately at the same time it takes to prepare the rest of a simple meal. Like the new pasta salad creations, any can be served heated, or chilled. While water usually is the ingredient listed in the directions, broth,

juices and other liquids can be used.

For best nutrition results, make more of the grain dish to serve as the main part of the meal. Use familiar flavorings or try new ones. For flexibility, substitute fruits, vegetables, meats or seasonings from

Today's Food

Face summer of grilled food, plus fun, on menu

With or without canine company, the dog days of summer are a challenge. Some people handle it with a swim, others head for the garden hose and others look forward to iced tea or lemonade on the patio.

While there, imagine running through a sprinkler, build a sand castle in your dreams and plan a picnic.

No matter where the picnic is, grilled food is always a highlight. It is convenient in a back yard, but today's portable gas and charcoal grills make it easy to take it anywhere.

At the drop of a straw hat, picnic equipment can be gathered for a sunset supper. Here are some non-perishable basics:

• Sturdy paper plates,

oversized napkins, and plastic-backed or disposable tablecloths.

• Heavy-duty aluminum foil and zipper-style plastic bags for transporting food to the picnic and leftovers home.

• Paper towels and containers of pre-moistened disposable towels.

• Heavy-duty metal eating utensils or sturdy plastic forks, a chef's knife, serving spoons, grilling tongs and a spatula.

• A jug of cool water. • A bucket for removing and disposing of used coals, if using a charcoal grill.

• Large cooler and frozen cold packs to transport food safely and transport.

Because bacteria grows fastest at temperatures between 40° and 140°, the idea is to keep cold foods really cold. Keeping foods hot is a bigger challenge, so it is easier, and certainly more fun, to grill at the picnic site.

Grilled Vegetable Fajitas use fresh vegetables when they reach their peak.

Grilling is one of the most flavorful and easiest ways to prepare vegetables. Just brush them lightly with Italian salad dressing to enhance their natural goodness.

GRILLED VEGETABLE FAJITAS

1/2 cup Italian salad dressing

1 tbsp. chili powder

6 oz. chopped fresh cilantro

1 large yellow bell pepper, seeded, quartered

1 large red onion, sliced

crosswise 1/2 inch thick

1 medium zucchini, sliced lengthwise 1/2 inch thick

1 large meaty tomato (about 1/2 lb.), seeded, sliced crosswise 1/2 inch thick

4 large flour tortillas

1/2 cup prepared guacamole

1 cup (4 oz.) shredded Monterey Jack cheese

1/2 cup plain yogurt or sour cream

In small bowl, combine Italian dressing, chili powder and 2 tablespoons cilantro. Brush all sides of pepper, onion, zucchini and tomato with dressing mixture.

Grill vegetables over medium coals, turning once until softened — about 7 minutes for the bell pepper and onion, 5 to 7 minutes for zucchini, and 1 to 2 minutes for tomato.

Wrap tortillas in foil. Warm at edge of grill about 2 minutes.

Remove vegetables from grill. Place on cutting board. Cut pepper, squash and tomato in chunks. Separate onion into rings.

To serve, spread tortillas with guacamole, top with vegetables and sprinkle with cheese. Roll up. Dollop with yogurt.

Makes 4 servings.



Pack a picnic and grill fajitas just outside the kitchen window or on the road for a surprise adventure in warm-weather fun.

Recipe

EGGPLANT AND TOMATO PARMESAN

2 slices bacon

2 tbsp. chopped onion

1 large eggplant, peeled, cubed

1 tsp. sugar

3 cups canned, peeled plum tomatoes

1/2 tsp. salt

1/4 tsp. garlic powder

1/2 tsp. dill weed

Pepper to taste

1 cup bread crumbs

1 cup grated parmesan cheese

Paprika

Margarine

drippings. Brown onion in remaining drippings. Add eggplant. Cook 5 to 10 minutes until it begins to brown.

Add sugar, salt, garlic powder, dill and pepper to tomatoes. Pour over eggplant.

In prepared pan, sprinkle some bread crumbs, then layer cheese and eggplant mixture. Top with remaining bread crumbs and bacon. Sprinkle with paprika. Dot with margarine.

Bake in preheated oven 350° for 20 to 35 minutes.

Drain all but 1 teaspoon.

Makes 6 to 8 servings.

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Today's Food

Recipe

BARBECUE MEATBALL SANDWICHES

1 lb. ground beef
1/2 lb. lean ground pork
2 cups dry bread crumbs
1 egg, beaten
4 tbsp. minced onion
1 jar (2 1/2 oz.) barbecue sauce with onion
Up to 1 1/2 cups milk
1 cup chopped onion
1 clove garlic, chopped
1 tsp. Worcestershire sauce
1/4 cup chopped fresh parsley
3/4 cup diced celery

6 long buns

Thoroughly mix beef, pork, bread crumbs, egg, onion and 2 tablespoons barbecue sauce with enough milk to make clinging ball mixture. Shape into balls.

In preheated frying pan coated with nonstick cooking spray, brown meatballs on all sides.

Add onion and garlic. Cook until onion is golden. Add remaining barbecue sauce. Worcestershire sauce, parsley and celery. Simmer, covered, 20 minutes. Uncover. Simmer 15 minutes until sauce is thickened.

Serve on warm buns. Makes 6 servings.

VITAMIN C IN SUMMER FRUIT

The fields of summer produce an assortment of fruits which give variety in supplying nutrients a body needs. While apples and bananas may be on the menu year-round, they are basically low

in vitamin C. During the summer, enjoy fresh cantaloupe, kiwi fruit and strawberries to pump up a day's worth of the vitamin.

Seasonal vegetables with plenty of vitamin C include broccoli, cauliflower, kale and bell pepper.

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Delight dinner fans with main-dish combos

Single-dish dinners are a hit with cooks and the people on the other side of the stove as well.

Try one of these dishes for an easy-going, quick-cooking occasion.

Both have interest beyond the usual rice dish and find their flavor roots in other cuisines, one Spanish and the other Oriental.

drained, flaked
1 cup (6 oz.) shredded cheddar cheese
1/2 cup sliced green onion
1/4 cup chopped ripe olives
1 pkg. (15 oz.) refrigerated pie crusts

Preheat oven to 400°. Prepare rice mix according to package directions.

Combine rice, chicken, cheese, onion and olives. Spoon half the rice mixture on half of each pie crust. Fold crust over filling. Seal and crimp edges.

Bake in preheated oven 20 to 22 minutes until golden brown.

Serve by cutting each empanada in half.

Makes 4 servings; 544 calories, 27 g protein, 32 g

fat, 37 g carbohydrate, 71 mg cholesterol, 592 mg sodium and 1.5 g dietary fiber each.

Note: Can be made with refrigerated pizza crust instead of pie crust, using similar amount of dough.

3 cups cooked rice, chilled
2 cups cooked shrimp, cut in small pieces
2 tbsp. soy sauce

In large skillet or wok over medium-high heat, heat oil. Stir-fry mushrooms, onion and ginger 1 minute.

Pour vegetables aside. Pour egg into skillet and scramble while cooking.

Add rice. Stir gently to separate grains. Add shrimp and soy sauce. Stir until heated thoroughly.

Makes 8 (1/2 protein, 7 g fat, 21 g carbohydrate, 435 mg sodium and 163 mg cholesterol each.

SHRIMP FRIED RICE

2 tbsp. oil
1 cup sliced fresh mushrooms
1/2 cup sliced green onion, including tops
1 tsp. finely minced fresh ginger
2 eggs, beaten

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Calvin Johnson CARE CENTER

COMMITTED TO CARING

MR. EVERETT MCKENZIE
7 Mos.

Everyone is so nice here! They do whatever I ask. I appreciate their help.

MRS. LILIAN WARNER
72 YRS

We really like it here. It's home to my mom. We trust C.J.C.C.

MRS. ROSE THOMAS
1 YR & 4 mos.
Resident & her sister
Frances Then

Everyone is so nice here. They do whatever I ask. I appreciate their help.

MRS. JUANITA KOPP
1 YR

We're all like family! My nickname here is Grandma. I love them all.

PHILLIP BREGAN
7 Mos.

I was a volunteer here for many years. When the time came for me to enter a care center, I knew it had to be C.J.C.C. They treat everyone fairly and with kindness. (Rose)

I broke my leg and went to C.J.C.C. for therapy. They really helped me get better again. Now, I just visit my sister & attend the activities with her. There's so much to do here. (Frances)

Everyone is super. People have such nice memories about nursing homes. C.J.C.C. really is a nice place to live.

Locally Owned & Operated for 27 years

For information regarding Calvin Johnson Care Center

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727 North 17th Belleville, IL 62223

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Today's Food

Order for chicken salad helps warm Dollar More

People who can't pay their electric bills may find Straub's chicken salad to be a warming food this winter.

From Aug. 26 to Sept. 2, Straub's Markets will donate \$1 for every pound of its chicken salad purchased to Dollar More,

Union Electric Co.'s program that helps families who need assistance with energy costs.

Devotees of Straub's chicken salad do not think it is just a simple mix of chicken, mayonnaise and a little salt and celery. During a week of a similar pro-

motion early in the month, the markets sold a record-breaking 1,700 pounds of chicken salad.

That was a tall order for Joyce Schierding, whose job is to mix her premier chicken salad.

"My husband, Bob, is the one who came up with the recipe," she says.

A meat cutter 25 years ago, now he is a meat buyer for the four Straub locations that carry the chicken salad.

She made it in their home until it became a full-time job. Now she mixes what has become the Straub's recipe for the chain.

The recipe, of course, is off the public record, but she peeks at some of its secrets.

• Just use the breast. Boil it in water. Do not overcook it.

• Use real mayonnaise. Hellmann's is Schierding's choice.

• Keep it simple.

• Don't use exotic, silly things. After two days of sitting with onion, you know it has onion in it," she says.

• At home, she may add sweet pickle relish.

The favorite way to eat Straub's chicken salad is on a bed of lettuce at the restaurant, on a sandwich out of the refrigerated case, or on salted crackers at home.

The chicken salad special in early August was kicked off with KMOV-TV and Mark Helman as honorary chairman.

The Dollar More program is best known through the \$1 donation solicited on local electric bills.

For more information on the program, call toll-free 1-800-55-ASK-UE.

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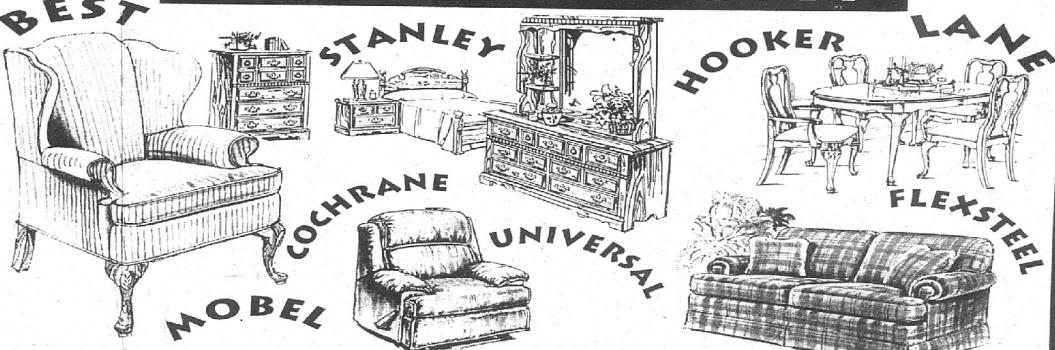
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Camel Back Style in Panel Stripe Floral

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FEELING FIT

By Mark Lymberopoulos

Nut-salt dishes taste best if you add fresh herbs. Add to nutty dishes, use oregano and basil, or thyme and garlic.

Potassium deficiency may be the new study that shows that those high in this mineral and low in sodium-indulge in cauliflower, corn, peas, and tomatoes.

Choose fresh vegetables rather than processed for best results.

Some exercise programs show health results right away. Even 50 minutes of running on a treadmill lowered blood pressure in a British test and the improvements lasted for hours.

This nutritious snack comes from your refrigerator: a cup of low-fat milk, half a small banana, and a small fresh peach (or two canned peach halves, unsweetened, of course).

Your ironing board can double as a seat board at home. Relax with feet well supported.

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Today's Food

Restaurants serve their best Kookin' for Kids

Restaurants — big and small — will join forces and be Kookin' for Kids Sunday, Aug. 25, on the grounds of St. Vincent Home for Children, 7401 Florissant Road, Norman.

Beginning at 6 p.m., guests will have a wide selection of foods with sports and media celebrities helping the chefs serve specialties of more than 20 restaurants, from The Flame Table to Yemana's, Brasil, Custom Catering by Beth to Remy's, Surf and Sirlion to Ninth Street Abbey. Sam's Club will provide the food, as has done the last four years.

This year booths will be decorated with a circus theme. Adding to the fun of delicious food, there will be live music and a silent auction. Proceeds benefit St. Vincent's, a residential treatment center for emotionally disturbed children.

SPEEDY PARTY SNACK

Place 8-ounce brick of cream cheese, at fat level desired, on rimmed plate. Pour generous amount of

As usual, the money will be used for basic maintenance of the program, which serves both girls and boys.

Chairmen this year are Carl Hullverson and Barbara Lutz.

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A booklet with recipes from both restaurants and celebrities comes with the tickets. Pollo Gorgonzola is a favorite of Rich LoRusso, owner of LoRusso's, 3121 Watson Road, which returns to the Kookin' event this year. It was one of last year's favorites.

POLLO GORGONZOLA

4 chicken breasts (6 oz. each)
2 tbsp. extra virgin olive oil

sprinkle or thick salsa on top. Sprinkle with chopped fresh cilantro, tiny shrimp, chopped crab (real or imitation), chopped olives and green onion. Serve with crackers.

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1993 PONTIAC GRAND AM LE	8,995
1 Door, V-6, 100,000 Miles	
1994 FORD THUNDERBIRD	11,995
Loaded, Blue Metallic, Alloy Wheels	
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5 Spots, V-6, 100,000 Miles	
1995 BUICK CENTURY SPECIAL	14,995
4 Door, V-6, P Windows, P Locks, Tilt Wheel	
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As usual, the money will be used for basic maintenance of the program, which serves both girls and boys.

Chairmen this year are Carl Hullverson and Barbara Lutz.

Tickets at \$40 each are available by calling 261-6011.

A booklet with recipes from both restaurants and celebrities comes with the tickets. Pollo Gorgonzola is a favorite of Rich LoRusso, owner of LoRusso's, 3121 Watson Road, which returns to the Kookin' event this year. It was one of last year's favorites.

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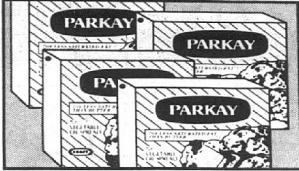
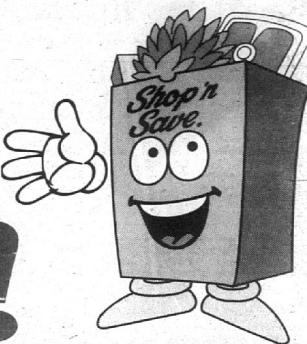
Tickets at \$40 each are available by calling 261-6011.

A booklet with recipes from both restaurants and celebrities comes with the tickets. Pollo Gorgonzola is a favorite of Rich LoRusso, owner of LoRusso's, 3121 Watson Road, which returns to the Kookin' event this year. It was one of last year's favorites.



Shop 'n Save

Total Value!

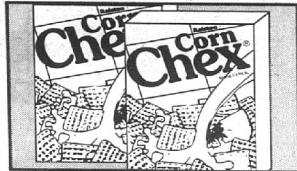


REGULAR OR LITE

Parkay
Quarters

4/\$1
1-LB.
PKG.

LIMIT 4 WITH ADDITIONAL \$10.00 PURCHASE



CORN, MULTI-BRAN, WHEAT OR RICE

Ralston
Chex Cereal

2/\$4
12-16 OZ. BOX



ASSORTED VARIETIES

Doritos
Tortilla Chips

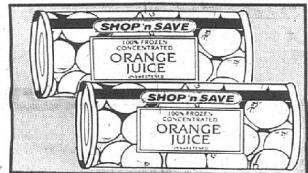
3/495
12.5-14.5 OZ. BAG



24-CAN CASE
Coca-Cola Classic,
Diet Coke or Sprite

488
24/12 OZ. CANS

COKE 2 LTRS. 79¢. LIMIT 6 COKE. OVER LIMIT 99¢



SHOP 'N SAVE

Frozen
Orange Juice

99¢
12-OZ. CAN



ASSORTED VARIETIES
Kids Cuisine
Dinners

2/\$3
6.25-8.5
OZ. PKG.



ASSORTED VARIETIES, LIQUID
All Laundry
Detergent

3/999
128-OZ. BTL.



ASSORTED VARIETIES
Arm & Hammer
Solid Deodorant

89¢
1.7-OZ.
PKG.

ASSORTED VARIETIES
Jack's
Pizza.....
15-21
OZ. PKG.

2/495

LIGHT & HEALTHY
Budget Gourmet
Entrees.....
8.7-10.5
OZ. PKG.

4/\$5

EVERYDAY LOW PRICE
Pet Ritz
Cream Pies.....
14/16 OZ.
PKG.

99¢

ASSORTED VARIETIES
Lucia's
Pizza.....
12-INCH

2/\$6

EVERYDAY LOW PRICE
Tropicana
Orange Juice....
96-OZ. BTL.

389

ASSORTED VARIETIES
Marzetti
Dips.....

59¢
16-OZ.
PKG.

FRENCH'S
Worcestershire
Sauce.....
10-OZ. BTL.

1.29

SQUEEZE
French's
Mustard.....
16-OZ.
PKG.

99¢

ASSORTED VARIETIES
9-Lives
Cat Food.....
5.5-OZ.
PKG.

4/\$1

Shop 'n Save
Butter.....
149
1-LB. PKG.

SHOP 'N SAVE
Wheat Sandwich
Bread.....
99¢
24-OZ. LOAF

EVERYDAY LOW PRICE
1 1/2 Dozen
Medium Eggs.....
15-CNT.
PKG.

79¢

LIMIT 3



LIQUID
ASSORTED VARIETIES
Ultra Snuggle
Fabric Softener
299
40-OZ. BTL.

Sheets
Snuggle
Fabric Softener
299
80-CT. PKG.

ASSORTED VARIETIES
Keebler Townhouse
Crackers.....
13-16 OZ. BOX

2/\$5

Win A NEW
Plymouth Neon!
In the Keebler Back to School Giveaway.
Details & Entry Blanks In-Store.
No Purchase Necessary



ASSORTED VARIETIES
Visine
Eye Drops.....
199
5-OZ. PKG.

PRE-PRICED \$4.99
X-tra Powder
Laundry Detergent
2/\$5
16-OZ. PKG.

Soft 'n Gentle
Bath Tissue.....
24-ROLL PKG.

399

Ziploc
Sandwich Bags
89¢
SACHET
PKG.

Ziploc
Snack Bags.....
79¢
50-C.
PKG.

REGULAR OR FAT FREE
Wishbone Salad
Dressing.....
2/\$3
16-OZ.
PKG.

IN OIL OR WATER
Starkist Chunk
Light Tuna.....
2/\$1
6-OZ.
PKG.

THIN, LONG OR
VERMICELLI
La Rosa Pasta.....
2/\$1
16-OZ.
PKG.

EVERYDAY LOW PRICE
Pringles
Potato Crisps...
99¢
6.5-OZ.
PKG.

08211A

Red Tag Values SAVE YOU MORE!

Red Tag Values
are temporary manufacturer
price reductions that we
pass on to you. With red
tags you save even more
off our everyday low prices!

Shop 'n Save Liquor Dept. VALUES!

Liquor Prices
Good at
Illinois Stores Only.
Some items not
available at all stores.



REGULAR, ICE, LIGHT OR ICE LIGHT

Budweiser
Beer

637
12-PACK
12 OZ. CANS



Coors Light
Beer

599
12-PACK
N/R BTLS.

Natural Ice or
Natural Light..... **417**
12/12-OZ. CANS

O'Douls
N.A. Beverage **597**
12/12-OZ. CANS

Heineken or
Amstel Light.... **499**
6-N/R BTLS.

OUR LOW SALE
PRICE \$4.49
Zima..... **299**
6-L/N/R BTLS.
AFTER \$1.50 MAIL-IN REBATE AVAILABLE IN-STORE

SOUTHPAW LIGHT,
Ice House or
Red Dog Beer **3/999**
6-L/N/R BTLS.

SELECTED VARIETIES
Franzia **2/\$6**
Wine..... 1.5-LTR. BOX

Livingston
Cellars Wine..... **649**
3-LTR. BTLS.
MERLOT, CABERNET,
CHARDONNAY OR
Paul Masson
White Zinfandel **2/599**
1-LTR.
CARAFES

Bagged
Ice..... **69¢**
8-LB.
BAG

Shop 'n Save Photo Processing

Your Choice of Single Prints Plus
FREE FILM OR DOUBLE PRINTS



379
EVERYDAY
24-exp.
3 1/2 inch prints

Shop 'n Save Family Video Center

EVERYDAY LOW RENTAL PRICES!

ALL NEW RELEASE | ALL OTHER TITLES

99¢ EACH | **49¢** EACH

ALL VIDEO GAMES 99¢ EACH
AT STORES WITH VIDEO CENTER ONLY



08212C

Shop 'n Save Health & Beauty VALUES!



PASTE, GEL OR PEROXICARE
Arm & Hammer
Dental Care

159
4.5-5 OZ.
PKG.



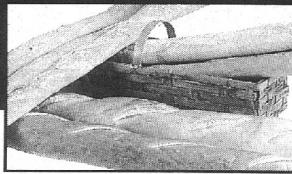
ACID REDUCER
Axid AR
Tablets

179
6-CT. PKG.

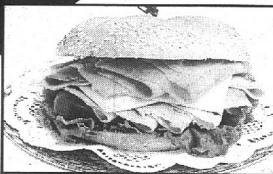
NIGHTTIME OR REGULAR Baby Orajel.....	299 4-OZ. PKG.	CONDITIONER OR Style Shampoo.....	89¢ 12-OZ. PKG.
NORMAL, DRY OR OILY Phisoderm Facial Cleanser.....	279 4-OZ. PKG.	SENSITIVE Pure Silk Shave Cream.....	169 7-OZ. PKG.
HAIRSPRAY, SPRITZ, GEL, SPRAY GEL OR MOUSSE LA Looks.....	139 7-16 OZ. PKG.	FORTAIVE, COLORATIVE, HYDRATIVE, CONDITIONER OR L'Oreal Shampoo	2/\$5 11-OZ. PKG.

Bakery, Seafood & Deli Dept. VALUES!

Bakery, Deli,
& Seafood not
available at
all stores



FRESH BAKED
Twin French
Bread
99¢
16-OZ.
LOAF



Cajun Prize
Spicy Ham
399
lb.

Cinnamon Pull-A-Parts.....	169 22-OZ. PKG.	Dressed Rainbow Trout....	399 lb.
SINGLE LAYER Pineapple Upside Down Cake.....	299 8-INCH	FARM FRESH Catfish Nuggets.....	249 lb.
CORNED BEEF, PASTRAMI, ITALIAN BEEF OR Swift Top Round Roast Beef.....	399 lb.	TASTE OF SEA Whiting or Pollock Fillets...	269 12-OZ. PKG.
OLIVE, OLD FASHION, HAM & CHEESE OR Klement's Pickle Loaf.....	289 lb.	Kanimi Crab Flakes.....	299 lb.

More Great Values In-Store!

Back To School SAVINGS Sale

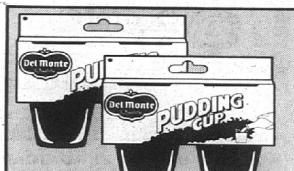
Stock-Up For Snacks & Lunches!



ASSORTED VARIETIES
Jell-O
Snack Gels

169

6-PACK
Jell-O Stir 'n Snack Pudding 2/\$3



REGULAR OR LIGHT
Del Monte
Pudding Cups

89¢

4-PACK



AMERICAN
Kraft Deluxe
Singles

249

12-OZ. PKG.



FRUITY OR COCOA PEBBLES OR
Post Raisin
Bran Cereal

2/\$4

13-20 OZ.
PKG.



ASSORTED VARIETIES
Kraft Macaroni
& Cheese

2/\$1

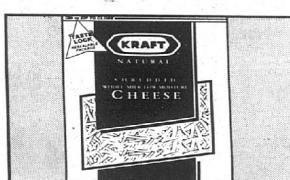
5.5-6 OZ.
PKG.
LIMIT 2



LIGHT OR REGULAR
Kraft
Cheez Whiz

279

16-16.5
OZ. JAR



ASSORTED VARIETIES
Kraft Shredded
Cheese

199

12-OZ. PKG.



LIGHT OR REGULAR
Kraft Philly
Cream Cheese

95¢

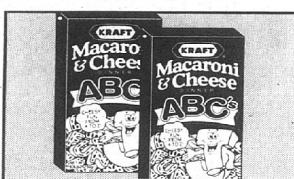
8-OZ.
BRICK



ASSORTED VARIETIES
Kraft Bull's Eye
Barbecue Sauce

99¢

18-OZ.
BTL.



1 2 3'S OR
Kraft A B C
Mac. & Cheese

2/\$1

5.5-OZ.
PKG.
LIMIT 2



Breakstone
Sour Cream

79¢

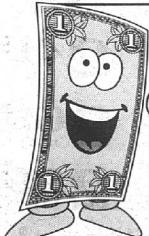
16-OZ.
PKG.



Kraft Grated
Parmesan Cheese

299

8-OZ. CAN



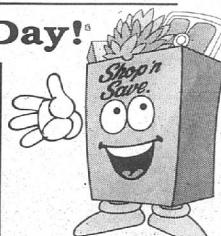
We Discount All Pre-Priced Products Every Day!

ALL GREETING
CARDS
DISCOUNTED
20%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL BOOKS
& MAGAZINES
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL PRE-PRICED
BAG SNACKS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE

ALL ENTENMANN
& HAAS ITEMS
DISCOUNTED
10%
FROM MANUFACTURERS
MARKED PRE-PRICE



08213A

TOTAL VALUE



HUDSON, ALL NATURAL, BONE-IN
Skinless Chicken Breast

129
lb.



BONE-IN
Cook's Shank
Portion Ham

99¢
lb.

FROZEN, TENDERBIRD
Chicken
Drumettes..... **399**
3-LB. BAG

COTTO SALAMI OR
Oscar Mayer
Sliced Bologna..... **2/\$3**
1-LB.
PKG.

REG. OR BUN LENGTH
Oscar Mayer
Wieners..... **2/\$3**
1-LB.
PKG.



Hillshire Farm
Smoked Sausage

199
1-LB.
PKG.

FUN PACK
Oscar Mayer
Lunchables... **3/\$5**
11.2-13.2
OZ. PKG.

Circle A
Beef Patties..... **399**
5-LB. BOX

Tennessee Pride
Pork Sausage..... **2 19**
1-LB. ROLL



USDA CHOICE CORN FED BEEF
Boneless
Chuck Roast

139
lb.

Kahn's
Corn Dogs..... **2/\$3**
1-LB.
PKG.

BROWN N SERVE
Swift Premium
Sausage..... **99¢**
7-8 OZ.
PKG.

PATTIES OR NUGGETS
Banquet
Boneless Chicken... **279**
13.5-OZ.
PKG.



WHOLE
Kretschmar
Boneless Ham

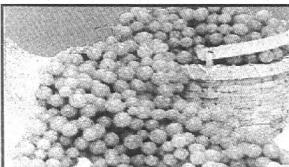
199
lb.

Swift Sizzling
Bacon..... **159**
12-OZ. PKG.

USDA CHOICE CORN FED BEEF
FAMILY PACK
Boneless
Charcoal Steak... **179**
lb.

Kahns Chunk
Braunschweiger.. **169**
1-LB. PKG.

Pick of the Crop Garden Fresh Produce!



RED OR WHITE
California
Seedless Grapes

78¢
lb.

SWEET, RIPE
Yellow
Corn..... **148**
5-PACK

FRESH
Green
Beans..... **68¢**
lb.

TENDER
Zucchini
Squash..... **68¢**
lb.



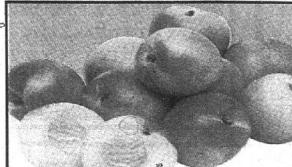
Fresh
Broccoli

78¢
BUNCH

California
Carrots..... **78¢**
2-LB.
BAG

FRENCH OR ITALIAN
Dole
Salad Blend..... **148**
10-OZ. PKG.

*The Finest Quality
& Selection!*



California
Nectarines

88¢
lb.

Mann's
Broccoli Wokly

MICROWAVE
Ozark
Popcorn..... **158**
1-LB. BAG

ROASTED OR SALTED
Gary's
Peanuts..... **3/\$1**
3-OZ.
PKG.

158
1-LB. BAG

198
20-OZ. BAG



Try These
Exotic Varieties!

NOT AVAILABLE AT ALL STORES

CRISP
Sno-Peas..... **298**
1-LB.
PKG.

WONTON OR
Egg Roll Wrappers **128**
1-LB.
PKG.

Alfalfa Sprouts... **68¢**
228
3-OZ. PKG.

MELISSA'S
Pinenuts..... **228**
3-OZ. PKG.

MELISSA'S
Risotto..... **348**
8-OZ. PKG.

MELISSA'S, DRIED, WEED-EAR
Mushrooms... **298**
5-OZ. PKG.



Shop 'n Save

The more you shop the more you save.

S	M	T	W	T	F	S
21	22	23	24			

PRICES GUARANTEED THRU AUGUST 24, 1996 AT ALL ST. LOUIS METRO STORES ONLY
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Shop 'n Save

**DOUBLE YOUR
MONEY BACK
MEAT & PRODUCE
GUARANTEE
WITH PROOF OF PURCHASE**

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Loaded, 10 to Choose
of Balance of Warranty
Stk. No. 8775
FROM \$13,995.00

95 CHRY. NEW YORKER	\$17,995
95 CHEVY BERETTA	\$9995
95 DODGE NEON 2 DR.	\$8995
94 PLYMOUTH VOYAGER	\$9995
93 ASTRO "MARK III" CONV. VAN	\$12,995
93 SHADOW 4 DR., 30,XXX MI.	\$7495
93 CHEVY CORSICA 4 DR.	\$6995
92 DODGE SHADOW 4 DR.	\$4595
92 DODGE DAKOTA SPORT P/U	\$6995
91 PLYMOUTH LASER RS	\$6795
90 CHEVY BERETTA GT	\$4995
89 CHRY. NEW YORKER 4 DR.	\$5495
89 DODGE DAKOTA 4 DR.	\$3995
88 CHEVY SUBURBAN 4X4	\$7495
85 NISSAN SENTRA 4 DR.	\$1995

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3600 LEMAY FERRY RD.
W. ST. LOUIS, MO 63122
487-3000

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MINI VANS
FOR
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GEOS ON THE GO!

3.9%*
financing OR
REBATES
UP TO
\$1,500

* REBATE OR SPECIAL FINANCING WITH APPROVED CREDIT
FROM G.M.A.C. FOR 48 MONTHS
SEE US FOR DETAILS!

OVER 300 NEW CHEVYS AVAILABLE

1996 LUMINA
New Factory Air, AM/FM
Stereo & Much More!

40 IN STOCK No. 1 in Passenger Car Sales



*Excludes Tax, Title & Doc. Fee. Financing with approved credit through G.M.A.C. 48 months. #6619

1996 S-10 PICKUP
New OVER 20
\$600 REBATE
#4402



*Excludes Tax, Title & Doc. Fee.
*Includes Factory Rebate and a \$400
Rebate for qualified First Time Buyer.

• BAD CREDIT? • BANKRUPTCY? • NO CREDIT? • REPOSSESSION? • DIVORCE? • 1ST TIME BUYERS?

We can help you re-establish your credit!
In Illinois Call 451-7913 • ASK FOR MARY

1996 2 DOOR TRACKER CONVERTIBLE
\$1500 REBATE

SALE PRICE
\$11,996*



*Excludes Tax, Title & Doc. Fee. Includes \$1500 Factory Rebate & \$400 Qualified First Time Buyer.

OVER 80 PREOWNED CARS & TRUCKS
Sale Prices Exclude Taxes, Lic., Title & Doc. Fees

96 S-10 BLAZER
4 DOOR, LS, LOADED,
10,XXX MILES

95 S-10 BLAZER
2 DOOR, 4X4,
SHARP!

96 S10 P.U. LS
4,3V6, AUTO,
1,XXX MILES

89 OLDS REGENCY
LOADED
EXTRA CLEAN

89 GMC CONV. VAN
V6, LOADED,
EXTRA CLEAN

92 S10 PICKUP
V6 & MORE,
27,XXX MILES

90 OLDS CUTLASS
AUTO, AIR &
MORE

94 SATURN SC2 CPE
EXTRA CLEAN

91 CORSAIC
3 IN STOCK

94 RANGER
PICK UP
AIR & MORE

93 LUMINA Z34
V6, LOADED,
EXTRA CLEAN

95 GEO TRACKER CONV.
13,XXX MILES,
EXTRA CLEAN

95 S10 BLAZER LT
4 DOOR, 4X4, LOADED,
EXTRA CLEAN

95 PROGRAM CORSAIC
6 IN STOCK

96 SATURN SL 4 DR
AUTO, LOADED,
9,XXX MILES

96 IMPALA SS
LOADED, EXTRA
CLEAN, LOW MILES

SALE PRICE
\$11,888*

FACTORY AIR,
AM/FM STEREO,
CASSETTE,
REAR WINDOW
DEFOGGER
AND MUCH
MORE!

#6782

1996 CAVALIER
*Includes \$400 Rebate To Qualified 1st Time Buyer. Excludes Tax, Title & Doc. Fee

OVER 20 FULL SIZE PICKUPS TO CHOOSE FROM!

1996 1/2 TON PICKUP
Factory Air, 5 Sp. Trans. with Overdrive,
Rear Step Bumper & Much More!

SALE PRICE
\$14,444*

#4536 *Excludes Tax, Title & Doc. Fees

1996 BLAZER
Factory Air, L.S. Trim Package,
Loaded With Equipment!

#4564

*Includes Factory Rebate. Excludes Tax, Title & Doc. Fees *** Financing with approved credit through G.M.A.C. 48 months.

PONTIAC

'88 PONTIAC GRAN TURISMO
Was \$8495.00, Now \$7,295.00

'88 FIREBIRD, V-6, Low Miles
Was \$10,000.00, Now \$7,995.00

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'88 FIREBIRD, V-6, Low Miles
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330 MEDICAL & HEALTH CARE

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330 MEDICAL & HEALTH CARE

350 EMPLOYMENT INFORMATION

430 PERSONALS

430 PERSONALS

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